

Sport



Weekly programme @Home

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
09.00	Body Balance	Body Attack	Grit	CXWork	Body Pump
10.00	Body Attack	Grit	CXWork	Body Pump	Grit
11.00	Grit	CXWork	Body Pump	Grit	Body Combat
12.00	CXWork	Body Pump	Grit	Body Combat	Grit
13.00	Body Pump	Grit	Body Combat	Grit	Body Balance
14.00	Grit	Body Combat	Grit	Body Balance	Body Attack
15.00	Body Combat	Grit	Body Balance	Body Attack	Grit
16.00	Grit	Body Balance	Body Attack	Grit	CXWork
17.00	Body Balance	Body Attack	Grit	CXWork	Body Pump
18.00	Body Attack	Grit	CXWork	Body Pump	Grit
19.00	Grit	CXWork	Body Pump	Grit	Body Combat
20.00	CXWork	Body Pump	Grit	Body Combat	Grit

Powered
by

LesMills

Contacts

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