

WORKOUT TRAINING

IT'S TIME TO GET FIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
00:00 00:00	PILATES	CARDIO	STEPS	SPINNING	YOGA	CARDIO
00:00 00:00	STEPS	PILATES	BREAK TIME	CARDIO	STEPS	YOGA
00:00 00:00	BREAK TIME	YOGA	PILATES	BREAK TIME	CARDIO	BREAK TIME
00:00 00:00	SPINNING	BREAK TIME	BREAK TIME	PILATES	BREAK TIME	BREAK TIME
00:00 00:00	CARDIO	BREAK TIME	CARDIO	STEPS	PILATES	BREAK TIME