BODYCOMPLETE
FITNESS SOLUTIONS

Semi-Private Timetable

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Monday	7:00 am 10:45 am 6:30 pm	Dead Legs	Kettle Bell Overdrive Hard Style	Medball Madness	Metabolic Increase	Plyometrics	Tabata	The Gut Buster	AMRAP	Mobility Heaven
Tuesday	10:00 am 6:30 pm	Dead Legs	Kettle Bell Overdrive Hard Style	Medball Madness	Metabolic Increase	Plyometrics	Tabata	The Gut Buster	AMRAP	Mobility Heaven
Wednesday	12:00 noon	Jelly Legs	Kettle Bell Insanity	Full on Core	Cardio Burn	Supersets	Tri Sets	Ultimate Core	AMRAP	Mobility Heaven
Thursday	11:00 am 6:30pm	Jelly Legs	Kettle Bell Insanity	Full on Core	Cardio Burn	Supersets	Tri Sets	Ultimate Core	AMRAP	Super Stretches
Friday	10:45 am	Super Stretches	Super Stretches	Super Stretches	Super Stretches	Super Stretches	Super Stretches	Super Stretches	Super Stretches	Super Stretches
Saturday	10:00 am	HICT	HICT	HICT	HICT	HICT	HICT	HICT	HICT	HICT