

SWEAT

week 7

- ☐ UBB
- ☐ HICT
- ☐ Mega Strength
- ☐ Sculpt
- ☐ 4km Walk/Run
- ☐ Foam Rolling
- ☒ Resisted HIIT

week 8

- ☐ Sculpt
- ☐ HIIT
- ☐ Indoor Cardio
- ☐ 20-20
- ☐ Mobility Class
- ☐ Stretch Class
- ☒ 4km Walk/Run

week 9

- ☐ Mega Strength
- ☐ 60 min UBB
- ☐ Core Class
- ☐ Sculpting HIIT
- ☐ 5km Walk/Run
- ☐ Full Body Stretch
- ☒ HICT

WATER station

- W7       
- W8       
- W9       