



PRE 3RD INTERMEDIATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REST DAY</p>	<p>IN 30 SPECIAL DEFINE</p>	<p>IN 30 SPECIAL P + P CORE</p>	<p>IN 30 CHISEL</p>	<p>IN 10 ALLONGE X3 BON NUIT</p> <p>BALL FOOT MASSAGE</p> <p>BON NUIT</p>	<p>REST DAY OR ACTIVE RECOVERY</p> <p>15-25MIN EASY WALK WATCH MAX HR</p>	<p>IN 30 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p>
<p>REST DAY</p>	<p>IN 10 UPPER BODY BARRE ARMS</p> <p>IN 10 LOWER BODY BARRE LEGS</p> <p>IN 10 CORE SAHRMANN</p>	<p>IN 30 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p> <p>IN 10 ALLONGE FATIGUE</p>	<p>IN 30 CHISEL</p> <p>IN 10 ALLONGE GLUTES</p>	<p>REST DAY OR ACTIVE RECOVERY</p> <p>20-30MIN EASY SWIM WATCH MAX HR</p>	<p>IN 30 BASS</p>	<p>IN 30 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p> <p>IN 10 ALLONGE GLUTES, PSOAS + HG</p>
<p>REST DAY</p>	<p>IN 30 BASS</p> <p>IN 10 CORE SAHRMANN</p>	<p>20-30 MIN DANCE PARTY FUN + EASY</p> <p>130-150BPM KITSANTE PLAVLIST OR SPECTRY WATCH MAX HR</p>	<p>IN 30 SPECIAL DEFINE</p>	<p>REST DAY OR ACTIVE RECOVERY</p> <p>20-30MIN EASY BIKE RIDE WATCH MAX HR</p>	<p>IN 10 TOTAL BODY BARRE</p> <p>IN 10 CORE BARRE</p> <p>IN 10 TOTAL BODY CIRCUIT</p> <p>IN 10 ALLONGE HG 22.02.21</p>	<p>IN 30 CHISEL</p> <p>IN 10 ALLONGE BALL MASSAGE</p>
<p>REST DAY</p>	<p>IN 30 BASS</p> <p>IN 10 ALLONGE PIRIFORMIS</p>	<p>IN 30 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p> <p>IN 10 ALLONGE TOTAL BODY</p>	<p>20-30 MIN BRISK HIKE</p> <p>IN 10 ALLONGE FOR RUNNERS/SPINNERS</p>	<p>IN 60 BASS</p>	<p>REST DAY OR ACTIVE RECOVERY</p> <p>20-30MIN PLAY ON KID JUNGLE GYM WATCH MAX HR</p>	<p>IN 60 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p>

LISTEN TO YOUR BODY