

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PREP WEEK	BODYCOMBAT Beginner	BODYPUMP Beginner	BODYCOMBAT Intermediate	BODYPUMP Intermediate	CXWORX Beginner	BodyFlow Beginner	Rest
WEEK 1	BODYPUMP #104	BODYCOMBAT 70 (33 mins)	BODYPUMP #105	BODYSTEP Beginner or SH'BAM #33* (OPTIONAL)	CXWORX #13 (30 mins)	BodyFlow #67 (28 mins)	Rest
WEEK 2	BODYPUMP #106	BODYCOMBAT 71 (30 mins)	GRIT #06 Strength	BODYATTACK Beginner or BARRE Beginner	CXWORX #14 (30 mins)	BodyFlow #70 Flexibility (28 mins)	Rest
WEEK 3	BODYPUMP #107	BODYCOMBAT #75 (35 mins)	BODYPUMP #100	BODYATTACK #102 or DANCE Club #01	CXWORX #23 (30 mins)	BodyFlow Runners Stretch #01 (30 mins)	Rest

*You may also want to review the beginner classes SH'BAM if you choose to do that option.

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