



# Bikini BOOTCAMP

## CLASS SCHEDULE

#gobikini  
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WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 FAT LOSS	HIIT ROUTINE #2 (10) ___ : ___ AM/PM	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	BOOTCAMP YOGA FLOW(16) ___ : ___ AM/PM	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
10 FAT LOSS	BOOTCAMP YOGA FLOW(16) ___ : ___ AM/PM	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	HIIT ROUTINE #2 (10) ___ : ___ AM/PM	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
11 FAT LOSS	BOOTCAMP YOGA SCULPT (28) ___ : ___ AM/PM	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	HIIT ROUTINE #2(10) ___ : ___ AM/PM	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + HIIT #1 (10) ___ : ___ AM/PM
12 FAT LOSS	BOOTCAMP YOGA FLOW(16) ___ : ___ AM/PM	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	HIIT ROUTINE #2(10) ___ : ___ AM/PM	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + HIIT #1(10) ___ : ___ AM/PM