

spring clean program 24'

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rhythmic Cardio: Core & Back:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Stretch & Mobilise:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Core & Back:	Your call	Your call
Rhythmic Cardio: Core & Back:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Stretch & Mobilise:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Core & Back:	Your call	Your call
Rhythmic Cardio: Core & Back:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Stretch & Mobilise:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Core & Back:	Your call	Your call
Rhythmic Cardio: Core & Back:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Stretch & Mobilise:	Rhythmic Cardio: Postural Strength:	Rhythmic Cardio: Core & Back:	Your call	Your call