

ZEN HOLDPLAN

Connect mind and body

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Morning

07:00 - 07:30	07:00 - 07:30	07:00 - 07:30	07:00 - 07:30	07:00 - 07:30
07:30 - 07:51	YOGA - TIME TO RELAX	07:30 - 07:50	WELL BALANCED FLOW	07:30 - 07:43
08:00 - 08:36	STEADY FLOW	07:55 - 08:16	YOGA - MUSCLE RECOVER	07:50 - 08:09
08:40 - 09:06	STRECH - HIPS	08:20 - 08:40	PILATES - CORE FLOW	08:20 - 08:46
09:06 - 09:30		09:00 - 09:30		09:00 - 09:30
09:30 - 10:00		09:30 - 10:00		09:30 - 10:00
10:00 - 10:22	YOGA - RELEASE & LET GO	10:00 - 10:30		10:00 - 10:30
10:30 - 11:00		10:30 - 11:00		10:30 - 11:00

Afternoon

16:00 - 16:19	YOGA - SHOULDER UNFOLDER	16:00 - 16:20	YOGA - SUN SALUTES	16:00 - 16:27	PILATES - TIGHS AND	16:00 - 16:33	COREMAGEDDON	16:00 - 16:30
16:25 - 16:45	YOGA - POWER & CORE	16:25 - 16:45	WELL BALANCED FLOW	16:30 - 17:06	STEADY FLOW	16:40 - 17:07	PILATES - TIGHS AND BUTT	16:30 - 17:00
17:00 - 17:27	PILATES - TIGHS & BUTT	16:50 - 17:11	YOGA - STRENGTHEN BACK	17:10 - 17:30	YOGA - EVERYTHING IS	17:10 - 17:35	FIT FLOW	17:00 - 17:30
17:30 - 17:52	YOGA - RELEASE & LET GO	17:25 - 17:49	PILATES - CORE FLOW	17:35 - 17:54	YOGA - MUSCLE	17:40 - 18:07	STRETCH - LOWER BODY	17:30 - 18:00
18:00 - 18:25	PILATES - PHASE ONE	18:00 - 18:27	STRETCH - LOWER BODY	18:00 - 18:27	STRETCH - BACK	18:10 - 18:27	QUICKIE FLOW	18:00 - 18:30
18:30 - 18:49	YOGA - MUSCLE MAINTAINENCE	18:30 - 18:51	YOGA - TWIST & SHOUT	18:30 - 19:03	WELL BALANCED	18:30 - 18:50	YOGA - STRETCH & RESTORE	18:30 - 19:00
19:00 - 19:20	WELL BALANCED FLOW	19:00 - 19:33	TIME TO MOVE	19:10 - 19:34	PILATES - CORE FLOW	19:00 - 19:27	PILATES - FULL BODY	19:00 - 19:30
19:25 - 19:46	YOGA - TIME TO RELAX	19:33 - 20:00		19:00 - 20:00		19:30 - 20:00		19:30 - 20:00



REPEAT

repeat.dk