

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5h45-6h30</b>	BP-30	BP-30	BP-30	BP-30	BP-30		
<b>8h00-9h00</b>						BP-30	
<b>9h00-10h00</b>						BP-BURN	BP-BURN
<b>10h00-11h00</b>						BP-BURN	BP-BURN
<b>11h00-12h00</b>						BP-STRONG	BP-STRONG
<b>12h00-13h00</b>	BP-PERFORM	BP-BURN	BP-STRONG	BP-PERFORM	BP-X		
<b>17h00-18h00</b>	BP-PERFORM	BP-BURN	BP-STRONG	BP-PERFORM	BP-X		
<b>18h00-19h00</b>	BP-STRONG	BP-MOTION	BP-PERFORM	BP-BURN			
<b>19h00-20h00</b>	BP-SHRED	BP-PERFORM	BP-BURN	BP-SHRED			
<b>20h00-21h00</b>	BP-BURN	BP-STRONG	BP-PERFORM	BP-BURN			