

ALEXANDRA BRING CAMP

Class schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00	Yoga	Yoga	Day Of Rest / Excursion (Extra)	Yoga		
9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 - 10:00	Info meeting					
10:00 - 11:00	Workout with Alexandra	Beach Workout		Workout with Alexandra		
11:00 - 12:00		Beach Day			Workout with Alexandra	
12:00 - 13:00	Crossfit	Crossfit		Crossfit		
13:30 -	Lunch	Lunch	Lunch	Lunch	Lunch	
14:00 - 15:00						
15:00 - 16:00				Pool Workout		
16:00 - 17:00	Boxing	Pool Workout				
17:00 - 18:00					Crossfit	
18:00 - 18:30				Pool Party/BBQ		
18:30 -	Dinner	Dinner	Dinner		Dinner	
19:30 - 20:00	Strength Training					
20:00 - 20:30	Chill by the pool	Walk in the area			Goodbye	
21:30 - 22:00		Metcon by Night				



Alex
Personal Trainer –
Functional Training



Stephanie
Boxing & Fight
Circuit



Martin
CrossFit - TRX



Malue
Yoga



Sini
Sports Massage
Therapist



Frank
Founder & Personal
Trainer