

Week 32 - 2021	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:30		Yoga	Yoga		Yoga		
08:30	Breakfast + info		Breakfast		Breakfast		Breakfast
09:00		Breakfast		Breakfast		Breakfast	
09:30 - 11:00	Cross		Cross	Day of rest	Cross		
11:00 - 12:30		Cross				Cross	
13:00	Lunch		Lunch		Lunch		
13:30		Lunch		Lunch		Lunch	
16:30 - 17:30	Cross		Boxing		Cross	Workout**	
17:30 - 18:30			Cross			Workout	
18:30	Dinner			Dinner			
19:00		Dinner	Dinner		BBQ	Dinner	
20:00 - 21:00	Sangria by the pool	Cross by night			BBQ PARTY	Goodbye in restaurant	

**90 minutes Joint Workout at 16:30