

INTUITION 2/05

MONDAY

| | | |
|----------------|---------------|---|
| MORNING | 09:00 – 10:00 | STRETCH |
| | 10:00 – 11:00 | RELAX |
| EVENING | 13:00 – 14:00 | |
| | 14:00 – 15:00 | MIX (BODY SCULPTOR + STRETCH) |
| | 17:30 – 18:30 | GRACE |
| EVENING | 18:30 – 19:30 | MIX (BODY SCULPTOR + STRETCH) |
| | 19:30 – 20:30 | STRETCH |



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INTUITION 2/05

TUESDAY

| | | |
|----------------|---------------|-----------------------------|
| MORNING | 09:00 – 10:00 | STRETCH |
| | 10:00 – 11:00 | GRACE |
| DAY | 13:00 – 14:00 | |
| | 14:00 – 15:00 | RELAX |
| EVENING | 17:30 – 18:30 | GRACE KIDS |
| | | STRETCH (UP TO 4) |
| | 18:30 – 19:30 | STRETCH |
| | 19:30 – 20:30 | RELAX |



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INTUITION 2/05

WEDNESDAY

| | | |
|----------------|---------------|---|
| MORNING | 09:00 – 10:00 | STRETCH (UP TO 4) |
| | 10:00 – 11:00 | MIX (BODY SCULPTOR + STRETCH) |
| DAY | 12:00 – 13:00 | |
| | 13:00 – 14:00 | |
| | 14:00 – 15:00 | MIX (BODY SCULPTOR + STRETCH) |
| EVENING | 17:30 – 18:30 | GRACE |
| | 18:30 – 19:30 | MIX (BODY SCULPTOR + STRETCH) |
| | 19:30 – 20:30 | STRETCH |



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INTUITION 2/05

THURSDAY

| | | |
|----------------|---------------|-----------------------------|
| MORNING | 09:00 – 10:00 | STRETCH |
| | 10:00 – 11:00 | GRACE |
| DAY | 13:00 – 14:00 | |
| | 14:00 – 15:00 | RELAX |
| EVENING | 17:30 – 18:30 | GRACE KIDS |
| | | STRETCH (UP TO 4) |
| | 18:30 – 19:30 | STRETCH |
| | 19:30 – 20:30 | RELAX |



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INTUITION 2/05

FRIDAY

| | | |
|----------------|---------------|---|
| MORNING | 09:00 – 10:00 | STRETCH (UP TO 4) |
| | 10:00 – 11:00 | MIX (BODY SCULPTOR + STRETCH) |
| DAY | 12:00 – 13:00 | |
| | 13:00 – 14:00 | |
| | 14:00 – 15:00 | MIX (BODY SCULPTOR + STRETCH) |
| EVENING | 17:30 – 18:30 | GRACE |
| | 18:30 – 19:30 | MIX (BODY SCULPTOR + STRETCH) |
| | 19:30 – 20:30 | STRETCH |



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INTUITION 2/05

SATURDAY

| | | |
|----------------|---------------|---|
| MORNING | 09:00 – 10:00 | |
| | 10:00 – 11:00 | MIX (BODY SCULPTOR + STRETCH) |
| | 11:00 – 12:00 | STRETCH |
| DAY | 12:00 – 13:00 | |
| | 13:00 – 14:00 | |
| EVENING | 17:30 – 18:30 | |
| | 18:30 – 19:30 | |
| | 19:30 – 20:30 | |

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INTUITION 2/05

SUNDAY

| | | |
|----------------|---------------|----------------|
| MORNING | 09:00 – 10:00 | |
| | 10:00 – 11:00 | |
| | 11:00 – 12:00 | RELAX |
| DAY | 12:00 – 13:00 | STRETCH |
| | 13:00 – 14:00 | |
| EVENING | 17:30 – 18:30 | |
| | 18:30 – 19:30 | |
| | 19:30 – 20:30 | |

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