

REPEAT

# ZEN HOLDPLAN

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>15.00 - 15.15</b>	Booty Blast	Quick Fit	Get Loose	Burning Abs	Quick Fit
<b>16.00 - 16.15</b>	Quick Fit	Fresh & Fit	Quick Fit	Fresh & Fit	Burning Abs
<b>20.00 - 20.15</b>	Burning Abs	Quick Fit	Booty Blast	Get Loose	Quick Fit
<b>21.00 - 21.15</b>	Quick Fit	Burning Abs	Fresh & Fit	Booty Blast	Fresh & Fit



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