

# 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	Breakfast
9:30 - 10:00	Info meeting						
10:00 - 11:00	Workout with Alexandra	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	Lunch	
14:00 - 15:00							
15:00 - 16:00					Pool Workout		
16:00 - 17:00	Boxing	Boxing	Pool Workout				
17:00 - 18:00						Crossfit	
18:00 - 18:30					Pool Party/BBQ		
18:30 -	Dinner	Dinner	Dinner	Dinner		Dinner	
19:30 - 20:00		Strength Training					
20:00 - 20:30	Chill by the pool	Mobility Training	Walk in the area			Goodbye	
21:30 - 22:00			Metcon by Night				



**Alex**  
Personal Trainer –  
Functinal Training



**Stephanie**  
Boxing & Fight  
Circuit



**Martin**  
CrossFit - TRX



**Malue**  
Yoga



**Sini**  
Sports Massage  
Therapist



**Frank**  
Founder & Personal  
Trainer