

# Power Plate Kursplan

**Mo**

**Di**

**Mi**

**Do**

**Fr**

**Sa**

**So**

9:30 - 10:00  
Push & Pull

12:00 - 12:30  
Total Body

18:00 - 18:30  
Total Body

19:00 - 19:30  
Kettelbells

13:00 - 13:30  
Push & Pull

18:00 - 18:30  
Push & Pull

19:00 - 19:30  
Total Body

9:30 - 10:00  
Total Body

12:00 - 12:30  
Kettelbells

18:00 - 18:30  
Total Body

19:00 - 19:30  
B B P

13:00 - 13:30  
Total Body

18:00 - 18:30  
Push & Pull

19:00 - 19:30  
Total Body

9:30 - 10:00  
B B P

12:00 - 12:30  
Total Body

18:00 - 18:30  
Total Body

19:00 - 19:30  
Kettelbells

13:00 - 13:30  
Kettelbells

15:00 - 15:30  
Total Body

POWER PLATE®

11:00 - 11:30  
Total Body

12:00 - 12:30  
B B P