

## RASPORED 5X CHALLENGE TRENINGA – POPODNEVNA SMENA

| PONEDELJAK                | UTORAK       | SREDA                     | ČETVRTAK     | PETAK                     | SUBOTA       | NEDELJA                   |
|---------------------------|--------------|---------------------------|--------------|---------------------------|--------------|---------------------------|
| <b>PERSONALNI trening</b> | <b>ODMOR</b> | <b>PERSONALNI trening</b> | <b>ODMOR</b> | <b>PERSONALNI trening</b> | <b>ODMOR</b> | <b>PERSONALNI trening</b> |
| 17:00 – 18:00             |              | 17:00 – 18:00             |              | 18:00 – 19:00             |              | 18:00 – 19:00             |
| 18:00 – 19:00             |              | 18:00 – 19:00             |              | 19:00 – 20:00             |              | 19:00 – 20:00             |
| <b>KANGOO jumps</b>       |              | <b>KANGOO jumps</b>       |              | <b>KANGOO jumps</b>       |              | <b>KANGOO jumps</b>       |
| 19:15                     |              | 19:15                     |              | 20:15                     |              | 20:00                     |
| <b>TRAMPOLINE</b>         |              | <b>TRAMPOLINE</b>         |              | <b>TRAMPOLINE</b>         |              |                           |
| 21:15                     |              | 21:15                     |              | 21:00                     |              |                           |
|                           |              |                           |              |                           |              |                           |