



RASPORED TRENINGA

	PON	UTO	SRE	ČET	PET	SUB	NED
09:30	ŠMEK TONE	ŠMEK PUMP 30'	ŠMEK TONE	ŠMEK PUMP 30'	ŠMEK TONE		
10:00		ŠMEK CORE		ŠMEK CORE		ŠMEK PUMP 30'	
10:30						ŠMEK CORE	
11:00						ŠMEK BALANCE 55'	
18:00	ŠMEK TONE		TRX STRONG		ŠMEK PUMP 45'		
18:15		ŠMEK PUMP 45'		ŠMEK TONE			ŠMEK CORE
18:45	ŠMEK PUMP 45'		ŠMEK CORE		ŠMEK ATTACK 30'		ŠMEK COMBAT 45'
19:00		ŠMEK HIIT		ŠMEK PUMP 55'			
19:15			ŠMEK ATTACK 45'		ŠMEK CORE		
19:30	ŠMEK ATTACK 45'	ŠMEK CORE					ŠMEK HIIT
20:00		ŠMEK COMBAT 45'	ŠMEK PUMP 55'	ŠMEK CORE	ŠMEK HIIT		
20:15	ŠMEK CORE						
20:30				ŠMEK BALANCE 55'			
20:45	ŠMEK BALANCE 55'						