



## 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 CORE	
10:30						ŠMEK BALANCE 55'	
18:30		ŠMEK TONE			ŠMEK TONE		
18:45	ŠMEK CORE			TRX STRONG			
19:00			ŠMEK PUMP 45'				ŠMEK PUMP 45'
19:15	ŠMEK PUMP 55'	ŠMEK HIIT			ŠMEK PUMP 45'		
19:30				ŠMEK ATTACK 45'			
19:45		ŠMEK COMBAT 45'	ŠMEK CORE				ŠMEK COMBAT 45'
20:00					ŠMEK HIIT		
20:15	ŠMEK ATTACK 45'		ŠMEK BALANCE 55'	ŠMEK CORE			
20:30		ŠMEK CORE					
21:00	ŠMEK BALANCE 45'						