NetFIT FITNESS TRAINING

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90 DAY BODY TRANSFORMATION

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Body Transformation 1	BT Boot Camp 1	Body Transformation 1	BT Pilates 1	Body Transformation 1	BT Boot Camp 1
Week 2	Body Transformation 2	BT 21 Workout 1	Body Transformation 2	BT Yoga 1	Body Transformation 2	BT 21 Workout 1
Week 3	Body Transformation 3	BT Boot Camp 1	Body Transformation 3	BT Pilates 1	Body Transformation 3	BT Boot Camp 1
Week 4	Body Transformation 4	BT 21 Workout 1	Body Transformation 4	BT Yoga 1	Body Transformation 4	BT 21 Workout 1
Week 5	Body Transformation 5	BT Boot Camp 2	Body Transformation 5	BT Pilates 2	Body Transformation 5	BT Boot Camp 2
Week 6	Body Transformation 6	BT 21 Workout 2	Body Transformation 6	BT Yoga 2	Body Transformation 6	BT 21 Workout 2
Week 7	Body Transformation 7	BT Boot Camp 2	Body Transformation 7	BT Pilates 2	Body Transformation 7	BT Boot Camp 2
Week 8	Body Transformation 8	BT 21 Workout 2	Body Transformation 8	BT Yoga 2	Body Transformation 8	BT 21 Workout 2
Week 9	Body Transformation 9	BT Boot Camp 3	Body Transformation 9	BT Pilates 3	Body Transformation 9	BT Boot Camp 3
Week 10	Body Transformation 10	BT 21 Workout 3	Body Transformation 10	BT Yoga 3	Body Transformation 10	BT 21 Workout 3
Week 11	Body Transformation 11	BT Boot Camp 3	Body Transformation 11	BT Pilates 3	Body Transformation 11	BT Boot Camp 3
Week 12	Body Transformation 12	BT 21 Workout 3	Body Transformation 12	BT Yoga 3	Body Transformation 12	BT 21 Workout 3