

Workout Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<u>HIIT Workout #1</u>	<u>Barre Workout #1 AND Core Workout #1</u>	<u>HIIT Workout #2</u>	<u>Barre Workout #2 AND Core Workout #2</u>	<u>Core Workout #1</u>	<u>HIIT Workout #1 OR HIIT Workout #2</u>	DAY OFF
WEEK 2	<u>HIIT Workout #1</u>	<u>Barre Workout #1 AND Core Workout #1</u>	<u>HIIT Workout #2</u>	<u>Barre Workout #2 AND Core Workout #2</u>	<u>Core Workout #1</u>	<u>HIIT Workout #1 OR HIIT Workout #2</u>	DAY OFF
WEEK 3	<u>HIIT Workout #3</u>	<u>Barre Workout #3 AND Core Workout #3</u>	<u>HIIT Workout #4 AND Core Workout #1</u>	<u>Barre Workout #4 and Core Workout #4</u>	<u>Core Workout #2 AND Core Workout #3</u>	<u>HIIT Workout #3 AND Core Workout #4</u>	DAY OFF
WEEK 4	<u>HIIT Workout #3</u>	<u>Barre Workout #3 AND Core Workout #3</u>	<u>HIIT Workout #4 AND Core Workout #1</u>	<u>Barre Workout #4 and Core Workout #4</u>	<u>Core Workout #2 AND Core Workout #3</u>	<u>HIIT Workout #4 AND Core Workout #4</u>	DAY OFF