

## Functional training week - BODY UNDER CONSTRUCTION

TIME:	21 nov 2019	22 nov 2019	23 nov 2019	24 nov 2019	25 nov 2019	26 nov 2019	27 nov 2019
<b>Morning</b>	BUC Intro session	BUC Strength upper body	Mobility	Technique strength + Upper body	BUC X-Fit endurance	Mobility	Last sessions 1 h 30 min, running + BUC X-fit + mobility
<b>Afternoon</b>	BUC Strength, lower body	BUC X-Fit HIIT	Technique/ Strength	BUC X-fit HIIT	BUC Strength, lower body	Technique/ Strength	

*The program is preliminary, changes may occur. Updated program will be given on spot*

Platini Tabi BUC Training - Body under construction

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*The classes are held in Swedish and English.*

*All training is free of charge.*

*Please arrive on time wearing sports clothes, and bring your own water bottle.*

*The minimum age to participate in the classes is 12 years.*

*Ordinary sports program always available*