

# 28 DAYS TO INVINCIBLE

## ONGOING SCHEDULE

LES MILLS  
**BODYCOMBAT**  
INVINCIBLE

### WEEK ONE

### WEEK TWO

### WEEK THREE

### WEEK FOUR

<b>MON</b>	<u>BODYCOMBAT #75</u> 30 min	<u>REST</u>	<u>BODYCOMBAT #74</u> 55 min	<u>BODYCOMBAT #72</u> 55 min
<b>TUE</b>	<u>CXWORKX #33</u> 30 min	<u>BODYCOMBAT #78</u> 55 min	<u>REST</u>	<u>BODYBALANCE #82</u> (FLEXIBILITY) 40 min
<b>WED</b>	<u>BODYCOMBAT #76</u> 55 min	<u>REST</u>	<u>BODYCOMBAT #73</u> 55 min	<u>CXWORKX #33</u> 30 min
<b>THU</b>	<u>REST</u>	<u>BODYCOMBAT #75</u> 55 min	<u>BODYBALANCE #82</u> (STRENGTH) 40 min	<u>BODYCOMBAT #71</u> 55 min
<b>FRI/SAT</b>	<u>BODYCOMBAT #74</u> 30 min	<u>BODYBALANCE #83</u> (STRENGTH) 40 min	<u>BODYCOMBAT #77</u> 45 min	<u>REST</u>
<b>SUN</b>	<u>REST</u>	<u>BODYCOMBAT #73</u> 30 min	<u>REST</u>	<u>BODYCOMBAT #70</u> 55 min