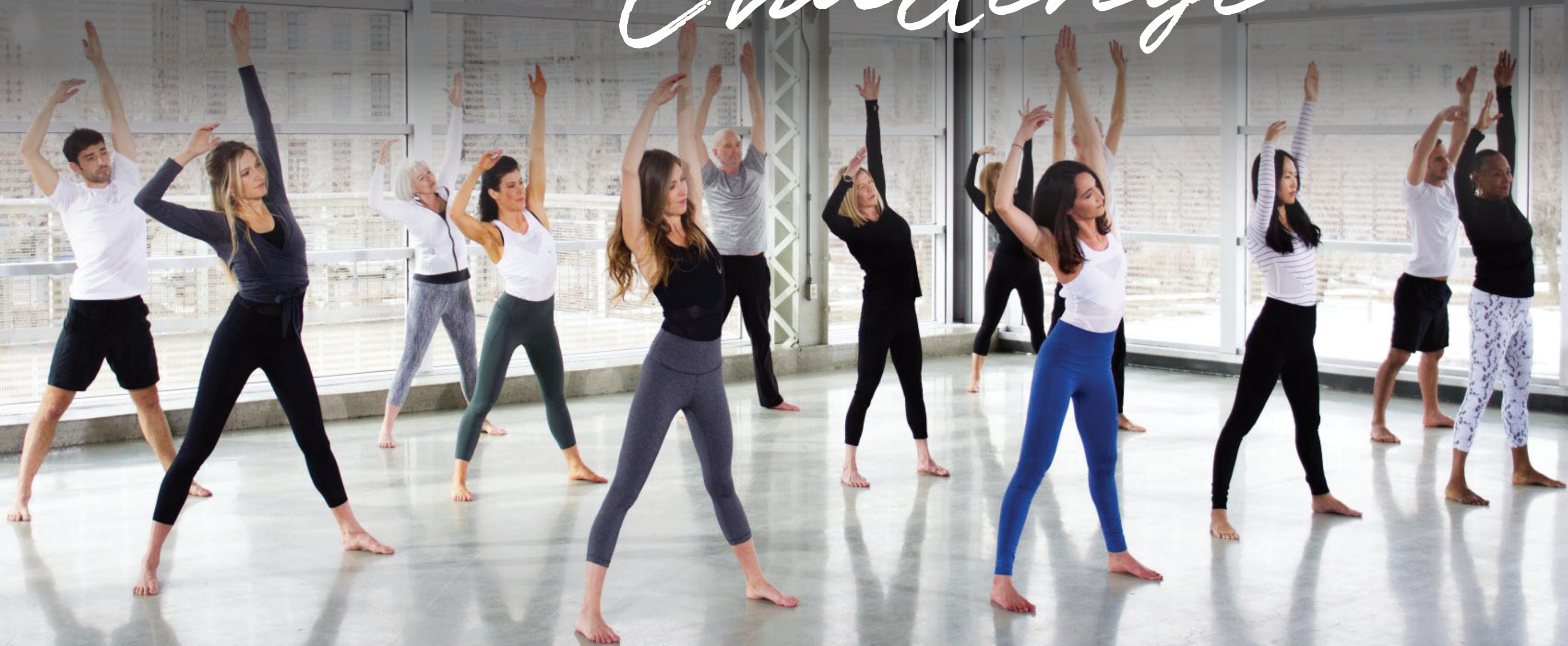


15-DAY STRENGTHEN & SCULPT *Challenge*



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15-DAY STRENGTHEN & SCULPT *Challenge*

S STANDING **F** FLOOR **B** BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Tuesday May 26 th	Wednesday May 27 th	Thursday May 28 th	Friday May 29 th	Saturday May 30 th	Sunday May 31 st	Monday June 1 st	
Season 12 Ep.17 Full Body Toning with Miranda Esmonde-White S ⌚ 23min	Barre Workout with Sahra Esmonde-White S F B ⌚ 60min	Total Body Tone with Gail Garceau S F ⌚ 40min	Toning & Sculpting with Alexa Leon S ⌚ 30min	Waist & Arm Lengthening with Amanda Cyr S B ⌚ 34min	Full Body Toning & Energizing Workout with Sasha Alcoloumbre S F B ⌚ 60min	Core & Abs with Meg Feeney S F ⌚ 34min	
LIVE CLASS 12PM EST with Sasha Alcoloumbre ⌚ 30min			LIVE CLASS 12PM EST with Gail Garceau ⌚ 30min			Arm Abs with Meg Feeney S ⌚ 10min	
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Tuesday June 2 nd	Wednesday June 3 rd	Thursday June 4 th	Friday June 5 th	Saturday June 6 th	Sunday June 7 th	Monday June 8 th	Tuesday June 9 th
Season 12 Ep.28 Full Leg Toning with Miranda Esmonde-White S F ⌚ 24min	Full Body Strengthening with Amanda Cyr S F ⌚ 35min	Full Body Workout with Sahra Esmonde-White S ⌚ 25min	Total Core, Leg & Butt Workout with Meg Feeney S F ⌚ 30min	Class of 2012 with Sahra Esmonde-White S F B ⌚ 60min	Season 10 Ep.18 Full Body Toning with Miranda Esmonde-White S ⌚ 23min	Calorie Burning & Lower Body Sculpting with Gail Garceau S F ⌚ 30min	Full Body Toning with Alexa Leon S F ⌚ 32min
LIVE CLASS 12PM EST with Amanda Cyr ⌚ 30min		LIVE CLASS 12PM EST with Meg Feeney ⌚ 30min			Leg Toning with Amanda Cyr F ⌚ 10min		LIVE CLASS 12PM EST with TBC ⌚ 30min