



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|--|--|--|--|---|---|
| Monday Jan. 11 th | Tuesday Jan. 12 th | Wednesday Jan. 13 th | Thursday Jan. 14 th | Friday Jan. 15 th | Saturday Jan. 16 th |
| NEW 30s Workout Total Body Strength &Flexibility with Meg Feeney () () 30min | Full Body Toning with Sahra Esmonde-White | LIVE CLASS 10:15AM EST with Amanda Cyr () 30min | Cardio Workout with Alexa Leon | Waist Toning with Gail Garceau S () 30min | Full Body Deep Stretch with Amanda Cyr |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 |
| Monday Jan. 18 th | Tuesday Jan. 19 th | Wednesday Jan. 20 th | Thursday Jan. 21 st | Friday Jan. 22 nd | Saturday Jan. 23 rd |
| NEW 30s Workout Total Body Strength &Flexibility with Meg Feeney () 30min | Arm Blast & Posture Boost with Sahra Esmonde-White | LIVE CLASS 10:15AM EST with Amanda Cyr 30min | Season 13 Ep.05: Energy Boosting with Meg Feeney S (F) (23min | Toning & Sculpting with Alexa Leon | Muscle Activation Workout with Sahra Esmonde-White |
| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 |
| Monday Jan. 25 th | Tuesday Jan. 26 th | Wednesday Jan. 27 th | Thursday Jan. 28 th | Friday Jan. 29 th | Saturday Jan. 30 th |
| NEW 30s Workout Total Body Strength &Flexibility with Meg Feeney | Full Body Strengthening with Amanda Cyr | LIVE CLASS 10:15AM EST with Amanda Cyr | Barre Workout with Sahra Esmonde-White | Total Body Tone with Gail Garceau | Season 10 Ep.10: Zero Impact Cardio with Meg Feeney |
| | SF (35min | 30min | | SF (40min | S () 23min |





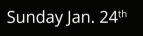
Sunday Jan. 17th



with Sasha Alcoloumbre



DAY 14

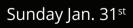




with Gail Garceau



DAY 21



Muscle Release Workout

with Sahra Esmonde-White

