



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





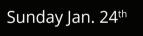
Sunday Jan. 17th



with Sasha Alcoloumbre



DAY 14

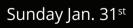




with Gail Garceau



DAY 21



Muscle Release Workout

with Sahra Esmonde-White

