

# 60s

## 21-DAY CHALLENGE



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Monday Jan. 11 <sup>th</sup>	Tuesday Jan. 12 <sup>th</sup>	Wednesday Jan. 13 <sup>th</sup>	Thursday Jan. 14 <sup>th</sup>	Friday Jan. 15 <sup>th</sup>	Saturday Jan. 16 <sup>th</sup>	Sunday Jan. 17 <sup>th</sup>
<b>LIVE CLASS</b> 9:15AM EST with Miranda Esmonde-White 🕒 30min	<b>NEW 60s Workout</b> <b>Alignment &amp; Pain Relief</b> with Miranda Esmonde-White S B 🕒 35min	<b>Full Body Toning &amp; Floor</b> with Sahra Esmonde-White S F 🕒 30min	<b>Season 11 Ep.02: Posture Workout</b> with Miranda Esmonde-White S B 🕒 23min	<b>Season 12 Ep.22: Hip &amp; Glute Flexibility</b> with Miranda Esmonde-White S F 🕒 23min	<b>Season 12 Ep.21: Connective Tissue</b> with Miranda Esmonde-White S B 🕒 23min	<b>Full Body Strengthening</b> with Amanda Cyr S F 🕒 35min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Monday Jan. 18 <sup>th</sup>	Tuesday Jan. 19 <sup>th</sup>	Wednesday Jan. 20 <sup>th</sup>	Thursday Jan. 21 <sup>st</sup>	Friday Jan. 22 <sup>nd</sup>	Saturday Jan. 23 <sup>rd</sup>	Sunday Jan. 24 <sup>th</sup>
<b>LIVE CLASS</b> 9:15AM EST with Miranda Esmonde-White 🕒 30min	<b>NEW 60s Workout</b> <b>Alignment &amp; Pain Relief</b> with Miranda Esmonde-White S B 🕒 35min	<b>Season 12 Ep.11: Finger Arthritis</b> with Miranda Esmonde-White S 🕒 23min	<b>Full Body Toning &amp; Barre</b> with Sahra Esmonde-White S B 🕒 30min	<b>AM Workout</b> with Meg Feeney S 🕒 16min	<b>Barre Tone &amp; Release</b> with Gail Garceau S F B 🕒 45min	<b>Rebalance Your Connective Tissue</b> with Miranda Esmonde-White S 🕒 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Monday Jan. 25 <sup>th</sup>	Tuesday Jan. 26 <sup>th</sup>	Wednesday Jan. 27 <sup>th</sup>	Thursday Jan. 28 <sup>th</sup>	Friday Jan. 29 <sup>th</sup>	Saturday Jan. 30 <sup>th</sup>	Sunday Jan. 31 <sup>st</sup>
<b>LIVE CLASS</b> 9:15AM EST with Miranda Esmonde-White 🕒 30min	<b>NEW 60s Workout</b> <b>Alignment &amp; Pain Relief</b> with Miranda Esmonde-White S B 🕒 35min	<b>Season 13 Ep.07: Strengthen the Feet &amp; Legs</b> with Miranda Esmonde-White S 🕒 23min	<b>Muscle Activation Workout</b> with Sahra Esmonde-White S F B 🕒 30min	<b>Season 12 Ep.05: Back Pain Relief</b> with Miranda Esmonde-White S B 🕒 23min	<b>Season 11 Ep.10: Mobility</b> with Miranda Esmonde-White S 🕒 23min	<b>Relaxation Workout</b> with Alexa Leon S F 🕒 30min