

20s

21-DAY CHALLENGE



S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
NEW 20s Workout Full Body Toning with Gail Garceau S F ⌚ 30min	Strength: Full Body Workout with Sahra Esmonde-White S ⌚ 25min	LIVE CLASS RECORDING with Maude Desjardins ⌚ 30min	Core & Abs with Meg Feeney S F ⌚ 34min	Full Body Toning & Energizing Workout with Sasha Alcoloumbre S F B ⌚ 60min	Relaxation Workout with Alexa Leon S F ⌚ 30min	Season 10 Ep.21: Calorie Burning Workout with Miranda Esmonde-White S ⌚ 23min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
NEW 20s Workout Full Body Toning with Gail Garceau S F ⌚ 30min	Body Reshaping & Posture with Amanda Cyr S B ⌚ 35min	LIVE CLASS RECORDING with Maude Desjardins ⌚ 30min	Cardio Blast with Sasha Alcoloumbre S F ⌚ 45min	Barre Workout with Sahra Esmonde-White S F B ⌚ 60min	Full Body Toning with Alexa Leon S F ⌚ 30min	Tension Release with Meg Feeney S B ⌚ 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
NEW 20s Workout Full Body Toning with Gail Garceau S F ⌚ 30min	Leg Activation with Amanda Cyr S F ⌚ 35min	LIVE CLASS RECORDING with Maude Desjardins ⌚ 30min	Leg & Butt Sculpting with Meg Feeney S F B ⌚ 48min	Season 13 Ep.12: Core Strengthening with Miranda Esmonde-White S F ⌚ 23min	Toning & Sculpting with Alexa Leon S ⌚ 30min	Barre Tone & Release with Gail Garceau S F B ⌚ 45min