

30s

21-DAY CHALLENGE



S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>NEW 30s Workout Total Body Strength & Flexibility</p> <p>with Meg Feeney</p> <p>S F ⌚ 30min</p>	<p>Full Body Toning</p> <p>with Sahra Esmonde-White</p> <p>S F ⌚ 60min</p>	<p>LIVE CLASS RECORDING</p> <p>with Amanda Cyr</p> <p>⌚ 30min</p>	<p>Cardio Workout</p> <p>with Alexa Leon</p> <p>S B ⌚ 35min</p>	<p>Waist Toning</p> <p>with Gail Garceau</p> <p>S ⌚ 30min</p>	<p>Full Body Deep Stretch</p> <p>with Amanda Cyr</p> <p>S F ⌚ 30min</p>	<p>Cardio Blast</p> <p>with Sasha Alcoloumbre</p> <p>S F ⌚ 45min</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>NEW 30s Workout Total Body Strength & Flexibility</p> <p>with Meg Feeney</p> <p>S F ⌚ 30min</p>	<p>Arm Blast & Posture Boost</p> <p>with Sahra Esmonde-White</p> <p>S B ⌚ 30min</p>	<p>LIVE CLASS RECORDING</p> <p>with Amanda Cyr</p> <p>⌚ 30min</p>	<p>Season 13 Ep.05: Energy Boosting</p> <p>with Miranda Esmonde-White</p> <p>S F ⌚ 23min</p>	<p>Toning & Sculpting</p> <p>with Alexa Leon</p> <p>S ⌚ 30min</p>	<p>Muscle Activation Workout</p> <p>with Sahra Esmonde-White</p> <p>S F B ⌚ 30min</p>	<p>Joint Pain Relief</p> <p>with Gail Garceau</p> <p>S B ⌚ 30min</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>NEW 30s Workout Total Body Strength & Flexibility</p> <p>with Meg Feeney</p> <p>S F ⌚ 30min</p>	<p>Full Body Strengthening</p> <p>with Amanda Cyr</p> <p>S F ⌚ 35min</p>	<p>LIVE CLASS RECORDING</p> <p>with Amanda Cyr</p> <p>⌚ 30min</p>	<p>Barre Workout</p> <p>with Sahra Esmonde-White</p> <p>S F B ⌚ 60min</p>	<p>Total Body Tone</p> <p>with Gail Garceau</p> <p>S F ⌚ 40min</p>	<p>Season 10 Ep.10: Zero Impact Cardio</p> <p>with Meg Feeney</p> <p>S ⌚ 23min</p>	<p>Muscle Release Workout</p> <p>with Sahra Esmonde-White</p> <p>S F ⌚ 30min</p>