

# 60s

## 21-DAY CHALLENGE



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