

Fit & Healthy Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Monday Sept. 13 th	Tuesday Sept. 14 th	Wednesday Sept. 15 th	Thursday Sept. 16 th	Friday Sept. 17 th	Saturday Sept. 18 th	Sunday Sept. 19 th
LIVE CLASS 8:30AM EDT with Lauren Finkelstein ⌚ 30min	Full Body Workout Vol.3 - Standing Portion with Miranda Esmonde-White S ⌚ 30min	Full Body Toning & Barre with Sahra Esmonde-White S B ⌚ 30min	Season 14: Hamstring Stretch with Miranda Esmonde-White S B ⌚ 23min	AM Workout with Meg Feeney S ⌚ 15min	Posture & Spine with Miranda Esmonde-White S ⌚ 23min	Body Reshaping & Posture with Amanda Cyr S B ⌚ 35min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Monday Sept. 20 th	Tuesday Sept. 21 st	Wednesday Sept. 22 nd	Thursday Sept. 23 rd	Friday Sept. 24 th	Saturday Sept. 25 th	Sunday Sept. 26 th
LIVE CLASS 8:30AM EDT with Lauren Finkelstein ⌚ 30min	Increase your Energy & Mobility with Miranda Esmonde-White S B ⌚ 34min	Hip & Hamstring Stretch with Gail Garceau S B ⌚ 15min	Season 12 Ep.10: Endurance & Power with Miranda Esmonde-White S F ⌚ 23min	Relaxation Workout with Alexa Leon S F ⌚ 30min	Season 12 Ep.17: Full Body Toning with Miranda Esmonde-White S ⌚ 23min	Waist & Arm Lengthening with Amanda Cyr S B ⌚ 35min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Monday Sept. 27 th	Tuesday Sept. 28 th	Wednesday Sept. 29 th	Thursday Sept. 30 th	Friday Oct. 1 st	Saturday Oct. 2 nd	Sunday Oct. 3 rd
LIVE CLASS 8:30AM EDT with Lauren Finkelstein ⌚ 30min	Season 10 Ep.12: Quad Slenderizing with Miranda Esmonde-White F ⌚ 23min	Toning & Cellular Vitality with Sahra Esmonde-White S F B ⌚ 52min	Core Strengthening Workout with Miranda Esmonde-White S B ⌚ 23min	Full Body Toning with Gail Garceau S F ⌚ 30min	Season 10 Ep.09: Stress Release with Miranda Esmonde-White F ⌚ 23min	Full Body Toning & Energizing Workout with Sasha Alcoloumbre S F B ⌚ 60min