

Flexibility & Mobility Challenge



S F B
 STANDING FLOOR BARRE

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 9:30AM EDT with Jenny Bertrand ⌚ 30min	Season 13 Ep.15: Full Body Connective Tissue with Miranda Esmonde-White Ⓢ ⌚ 23min	Season 13 Ep.01: Stretch & Strengthen The Calves with Miranda Esmonde-White Ⓢ Ⓟ ⌚ 23min	Season 14: Hamstring Stretch with Miranda Esmonde-White Ⓢ Ⓟ ⌚ 23min	Muscle Release Workout with Sahra Esmonde-White Ⓢ Ⓟ Ⓟ ⌚ 30min	Unlock: Feet, Ankles & Calves with Miranda Esmonde-White Ⓢ ⌚ 15min	Season 12 Ep.09: Back Pain Relief with Miranda Esmonde-White Ⓢ Ⓟ ⌚ 23min
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 9:30AM EDT with Jenny Bertrand ⌚ 30min	PM Workout with Meg Feeney Ⓢ Ⓟ ⌚ 20min	Hip & Hamstring Stretch with Gail Garceau Ⓢ Ⓟ ⌚ 15min	Season 12 Ep.22: Hip & Glute Flexibility with Miranda Esmonde-White Ⓢ Ⓟ ⌚ 23min	Relieve: Shoulder Pain & Tension with Miranda Esmonde-White Ⓢ ⌚ 15min	Joint Pain Relief with Gail Garceau Ⓢ Ⓟ ⌚ 30min	Stretch: Shoulders, Upper Back & Hamstrings with Sahra Esmonde-White Ⓢ Ⓟ ⌚ 25min
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 9:30AM EDT with Amanda Cyr ⌚ 30min	Stretch: Psoas, IT & Hips with Miranda Esmonde-White Ⓢ Ⓟ ⌚ 15min	Full Body Pain Relief with Sahra Esmonde-White Ⓢ Ⓟ ⌚ 30min	Full Body Deep Stretch with Amanda Cyr Ⓢ Ⓟ ⌚ 30min	Improve: Posture with Miranda Esmonde-White Ⓢ ⌚ 15min	Increase your Range of Motion with Miranda Esmonde-White Ⓢ Ⓟ ⌚ 35min	Stretch: Hips & Hamstrings with Sahra Esmonde-White Ⓢ Ⓟ ⌚ 25min