

Fit & Healthy Challenge



S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>LIVE CLASS RECORDING</p> <p>with Lauren Finkelstein</p> <p>🕒 30min</p>	<p>Full Body Workout Vol.3 - Standing Portion</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 30min</p>	<p>Full Body Toning & Barre</p> <p>with Sahra Esmonde-White</p> <p>S B 🕒 30min</p>	<p>Season 14: Hamstring Stretch</p> <p>with Miranda Esmonde-White</p> <p>S B 🕒 23min</p>	<p>AM Workout</p> <p>with Meg Feeney</p> <p>S 🕒 15min</p>	<p>Posture & Spine</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 23min</p>	<p>Body Reshaping & Posture</p> <p>with Amanda Cyr</p> <p>S B 🕒 35min</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>LIVE CLASS RECORDING</p> <p>with Lauren Finkelstein</p> <p>🕒 30min</p>	<p>Increase your Energy & Mobility</p> <p>with Miranda Esmonde-White</p> <p>S B 🕒 34min</p>	<p>Hip & Hamstring Stretch</p> <p>with Gail Garceau</p> <p>S B 🕒 15min</p>	<p>Season 12 Ep.10: Endurance & Power</p> <p>with Miranda Esmonde-White</p> <p>S F 🕒 23min</p>	<p>Relaxation Workout</p> <p>with Alexa Leon</p> <p>S F 🕒 30min</p>	<p>Season 12 Ep.17: Full Body Toning</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 23min</p>	<p>Waist & Arm Lengthening</p> <p>with Amanda Cyr</p> <p>S B 🕒 35min</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>LIVE CLASS RECORDING</p> <p>with Lauren Finkelstein</p> <p>🕒 30min</p>	<p>Season 10 Ep.12: Quad Slenderizing</p> <p>with Miranda Esmonde-White</p> <p>F 🕒 23min</p>	<p>Toning & Cellular Vitality</p> <p>with Sahra Esmonde-White</p> <p>S F B 🕒 52min</p>	<p>Core Strengthening Workout</p> <p>with Miranda Esmonde-White</p> <p>S B 🕒 23min</p>	<p>Full Body Toning</p> <p>with Gail Garceau</p> <p>S F 🕒 30min</p>	<p>Season 10 Ep.09: Stress Release</p> <p>with Miranda Esmonde-White</p> <p>F 🕒 23min</p>	<p>Full Body Toning & Energizing Workout</p> <p>with Sasha Alcoloumbre</p> <p>S F B 🕒 60min</p>