

# Flexibility & Mobility Challenge



S STANDING   
 F FLOOR   
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p><b>LIVE CLASS RECORDING</b></p> <p>with Jenny Bertrand</p> <p>🕒 30min</p>	<p><b>Season 13 Ep.15: Full Body Connective Tissue</b></p> <p>with Miranda Esmonde-White</p> <p><b>S</b> 🕒 23min</p>	<p><b>Season 13 Ep.01: Stretch &amp; Strengthen The Calves</b></p> <p>with Miranda Esmonde-White</p> <p><b>S B</b> 🕒 23min</p>	<p><b>Season 14: Hamstring Stretch</b></p> <p>with Miranda Esmonde-White</p> <p><b>S B</b> 🕒 23min</p>	<p><b>Muscle Release Workout</b></p> <p>with Sahra Esmonde-White</p> <p><b>S F B</b> 🕒 30min</p>	<p><b>Unlock: Feet, Ankles &amp; Calves</b></p> <p>with Miranda Esmonde-White</p> <p><b>S</b> 🕒 15min</p>	<p><b>Season 12 Ep.09: Back Pain Relief</b></p> <p>with Miranda Esmonde-White</p> <p><b>S F</b> 🕒 23min</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p><b>LIVE CLASS RECORDING</b></p> <p>with Jenny Bertrand</p> <p>🕒 30min</p>	<p><b>PM Workout</b></p> <p>with Meg Feeney</p> <p><b>S F</b> 🕒 20min</p>	<p><b>Hip &amp; Hamstring Stretch</b></p> <p>with Gail Garceau</p> <p><b>S B</b> 🕒 15min</p>	<p><b>Season 12 Ep.22: Hip &amp; Glute Flexibility</b></p> <p>with Miranda Esmonde-White</p> <p><b>S F</b> 🕒 23min</p>	<p><b>Relieve: Shoulder Pain &amp; Tension</b></p> <p>with Miranda Esmonde-White</p> <p><b>S</b> 🕒 15min</p>	<p><b>Joint Pain Relief</b></p> <p>with Gail Garceau</p> <p><b>S B</b> 🕒 30min</p>	<p><b>Stretch: Shoulders, Upper Back &amp; Hamstrings</b></p> <p>with Sahra Esmonde-White</p> <p><b>S F</b> 🕒 25min</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p><b>LIVE CLASS RECORDING</b></p> <p>with Amanda Cyr</p> <p>🕒 30min</p>	<p><b>Stretch: Psoas, IT &amp; Hips</b></p> <p>with Miranda Esmonde-White</p> <p><b>S B</b> 🕒 15min</p>	<p><b>Full Body Pain Relief</b></p> <p>with Sahra Esmonde-White</p> <p><b>S B</b> 🕒 30min</p>	<p><b>Full Body Deep Stretch</b></p> <p>with Amanda Cyr</p> <p><b>S F</b> 🕒 30min</p>	<p><b>Improve: Posture</b></p> <p>with Miranda Esmonde-White</p> <p><b>S</b> 🕒 15min</p>	<p><b>Increase your Range of Motion</b></p> <p>with Miranda Esmonde-White</p> <p><b>S F</b> 🕒 35min</p>	<p><b>Stretch: Hips &amp; Hamstrings</b></p> <p>with Sahra Esmonde-White</p> <p><b>S B</b> 🕒 25min</p>