

14-Day Wellness Program

The Lymphatic System

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Monday Oct. 18 th	Tuesday Oct. 19 th	Wednesday Oct. 20 th	Thursday Oct 21 st	Friday Oct. 22 nd	Saturday Oct. 23 rd	Sunday Oct. 24 th
LIVE WORKSHOP Lymphatic System 11:30AM EDT with Miranda Esmonde-White ⌚ 30min	Rebalance Your Connective Tissue with Miranda Esmonde-White S ⌚ 30min	Body Detox Massage Workshop with Sahra Esmonde-White and Rose Gwet ⌚ 30min	Season 11 Ep.01: Full Body Workout with Miranda Esmonde-White S ⌚ 23min	Toning & Cellular Vitality with Sahra Esmonde-White S F B ⌚ 52min	Core Stability with Amanda Cyr S F ⌚ 34min	Season 12 Ep.12: Hamstring Flexibility with Miranda Esmonde-White S B ⌚ 23min
LIVE CLASS 12:00PM EDT with Miranda Esmonde-White ⌚ 30min		Tension Release with Meg Feeney S B ⌚ 30min				
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Monday Oct. 25 th	Tuesday Oct. 26 th	Wednesday Oct. 27 th	Thursday Oct. 28 th	Friday Oct. 29 th	Saturday Oct. 30 th	Sunday Oct. 31 st
LIVE CLASS 12:00PM EDT with Sahra Esmonde-White ⌚ 30min	Full Body Stretching with Miranda Esmonde-White S F ⌚ 23min	Facial Detox Massage Workshop with Miranda Esmonde-White and Rose Gwet ⌚ 30min	Barre Tone & Release with Gail Garceau S F B ⌚ 47min	Season 10 Ep.10: Zero Impact Cardio with Miranda Esmonde-White S ⌚ 23min	Full Body Workout with Jenny Bertrand S ⌚ 30min	Relaxation Workout with Alexa Leon S F ⌚ 29min
		Season 14 Ep. 01: Full Body Alignment with Miranda Esmonde-White S ⌚ 23min				

S STANDING
 F FLOOR
 B BARRE