



AM & PM

14-DAY WORKOUT PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 AM	LIVE CLASS RECORDING with Lauren Finkelstein S 25min	Muscle Activation with Sahra Esmonde-White S F B 30min	LIVE CLASS RECORDING with Alexa Leon S B 25min	Boost Your Brain with Miranda Esmonde-White S B 24min	LIVE CLASS RECORDING with Meg Feeny S B 25min	Pre-Sport Activation with Gail Garceau S F 20min	AM Workout with Meg Feeny S 16min
 PM	LIVE CLASS RECORDING with Gail Garceau S F B 35min	Muscle Release with Sahra Esmonde-White S F 30min	LIVE CLASS RECORDING with Julia Bentz S F 35min	Pain Prevention with Miranda Esmonde-White F 23min	LIVE CLASS RECORDING with Lauren Finkelstein S F 35min	Stress Release with Miranda Esmonde-White F 23min	PM Workout with Meg Feeny S F 20min
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
 AM	LIVE CLASS RECORDING with Lauren Finkelstein S 25min	Full Body Workout with Sahra Esmonde-White S 25min	LIVE CLASS RECORDING with Alexa Leon S B 25min	Express Posture Workout with Amanda Cyr S 17min	LIVE CLASS RECORDING with Meg Feeny S F 25min	Full Body Strengthening with Amanda Cyr S F 35min	Boost Your Energy with Miranda Esmonde-White S B 23min
 PM	LIVE CLASS RECORDING with Gail Garceau S F B 35min	Relieve Neck Pain with Miranda Esmonde-White S F 24min	LIVE CLASS RECORDING with Julia Bentz S F B 35min	Stretch Shoulders, Upper Back & Hamstrings with Sahra Esmonde-White S F 25min	LIVE CLASS RECORDING with Lauren Finkelstein S B 35min	Joint Pain Relief with Gail Garceau S B 30min	Relaxation Workout with Alexa Leon S F 28min

  
 STANDING FLOOR BARRE