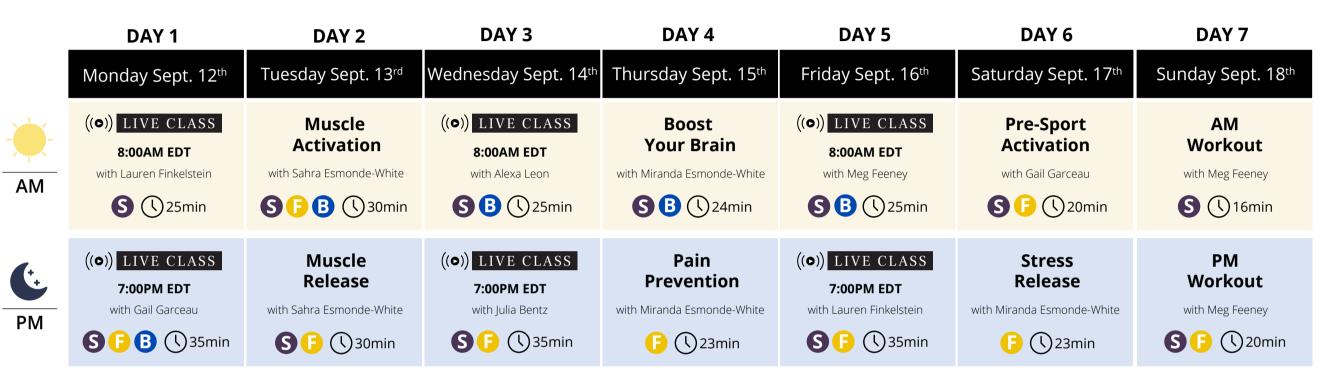
AM & PM 14-DAY WORKOUT PROGRAM



	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13
	Monday Sept. 19 th	Tuesday Sept. 20 th	Wednesday Sept. 21 st	Thursday Sept. 22 nd	Friday Sept. 23 rd	Saturday Sept. 24 th
AM	((•)) LIVE CLASS 8:00AM EDT with Lauren Finkelstein () 25min	Full Body Workout with Sahra Esmonde-White S () 25min	((●)) LIVE CLASS 8:00AM EDT with Alexa Leon () () () () () () () () () () () () () (Express Posture Workout with Amanda Cyr S () 17min	((●)) LIVE CLASS 8:00AM EDT with Meg Feeney () () 25min	Full Body Strengthening with Amanda Cyr S C 35min
PM	((•)) LIVE CLASS 7:00PM EDT with Gail Garceau () (•)) 35min	Relieve Neck Pain with Miranda Esmonde-White	((\circ)) LIVE CLASS 7:00PM EDT with Julia Bentz S F B () 35min	Stretch Shoulders, Upper Back & Hamstrings with Sahra Esmonde-White S (F) () 25min	((•)) LIVE CLASS 7:00PM EDT with Lauren Finkelstein () () 35min	Joint Pain Relief with Gail Garceau S B () 30min



DAY 14



FLOOR

BARRE

STANDING