

Unlock Extraordinary

21-DAY CHALLENGE | BEGINNER



WEEK 1 - Strength & Length

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>((o))</p> <p>LIVE CLASS Sahra Esmonde-White 30min / 8am EST</p>	<p>((o))</p> <p>LIVE CLASS Alexa Leon 30min / 8am EST</p>	<p>Full Body Stretching Miranda Esmonde-White</p> <p>S B 23min</p>	<p>((o))</p> <p>LIVE CLASS Sahra Esmonde-White 30min / 8am EST</p>	<p>Quad Lengthening & Strengthening Miranda Esmonde-White</p> <p>S F 23min</p>	<p>((o))</p> <p>LIVE CLASS Miranda Esmonde-White 30min / 8am EST</p>	<p>Muscle Release Sahra Esmonde-White</p> <p>S F 30min</p>

WEEK 2 - Brain Power

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>((o))</p> <p>LIVE CLASS Julia Bentz 30min / 8am EST</p>	<p>((o))</p> <p>LIVE CLASS Julia Bentz 30min / 8am EST</p>	<p>Stimulate Your Brain Miranda Esmonde-White</p> <p>S 20min</p>	<p>((o))</p> <p>LIVE CLASS Julia Bentz 30min / 8am EST</p>	<p>Full Body Alignment Miranda Esmonde-White</p> <p>S B 23min</p>	<p>((o))</p> <p>LIVE CLASS Miranda Esmonde-White 30min / 8am EST</p>	<p>Stress Release Miranda Esmonde-White</p> <p>S 23min</p>

WEEK 3 - Energy Boost

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>((o))</p> <p>LIVE CLASS Maude Desjardins 30min / 8am EST</p>	<p>((o))</p> <p>LIVE CLASS Maude Desjardins 30min / 8am EST</p>	<p>Boost Your Energy Miranda Esmonde-White</p> <p>S B 23min</p>	<p>((o))</p> <p>LIVE CLASS Maude Desjardins 30min / 8am EST</p>	<p>Morning Routine Ellyn Ochs</p> <p>S 20min</p>	<p>((o))</p> <p>LIVE CLASS Miranda Esmonde-White 30min / 8am EST</p>	<p>Boost Your Energy Miranda Esmonde-White</p> <p>S B 23min</p>

S STANDING | B BARRE | F FLOOR

Click on the day in the calendar to be redirected to your class