WEEK I - Strength & Length

DAY I	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
((o)) LIVE CLASS Alexa Leon	Strength Core & Legs Sahra Esmonde-White	((o)) LIVE CLASS Sahra Esmonde-White	Waist & Arm Lengthening Amanda Cyr	((o)) LIVE CLASS Alexa Leon	((o)) LIVE CLASS Miranda Esmonde-White	Core & Abs Meg Feeney
	S F 25min		SB 30min			S F 30min

WEEK 2 - Brain Power

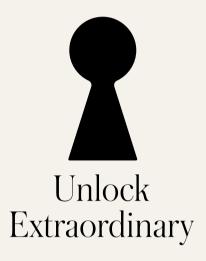
DAY 8	DAY 9	DAY 10	DAY II	DAY 12	DAY 13	DAY 14
((o)) LIVE CLASS Gail Garceau	Boost Your Brain Miranda Esmonde-White	((o)) LIVE CLASS Gail Garceau	Improve Your Agility Miranda Esmonde-White	((o)) LIVE CLASS Gail Garceau	((o)) LIVE CLASS Miranda Esmonde-White	Improve Your Balance Miranda Esmonde-White
	SB 23min		SF 23min			SB 23min

WEEK 3 - Energy Boost

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
((o)) LIVE CLASS Ellyn Ochs	Full Body Toning & Energizing Sasha Alcoloumbre	((0)) LIVE CLASS Ellyn Ochs	Total Core, Leg & Butt Meg Feeney	((o)) LIVE CLASS Maude Desjardins	((o)) LIVE CLASS Miranda Esmonde-White	Energy Boosting Miranda Esmonde-White
	SBF 60min		S F 30min			S F 25min



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



21-DAY CHALLENGE | ADVANCED