

WEEK 1 - Strength & Length

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>((●))</p> <p>LIVE CLASS Alexa Leon</p>	<p>Strength Core & Legs Sahra Esmonde-White</p> <p>S F 25min</p>	<p>((●))</p> <p>LIVE CLASS Sahra Esmonde-White</p>	<p>Waist & Arm Lengthening Amanda Cyr</p> <p>S B 30min</p>	<p>((●))</p> <p>LIVE CLASS Alexa Leon</p>	<p>((●))</p> <p>LIVE CLASS Miranda Esmonde-White</p>	<p>Core & Abs Meg Feeney</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>((●))</p> <p>LIVE CLASS Gail Garceau</p>	<p>Boost Your Brain Miranda Esmonde-White</p> <p>S B 23min</p>	<p>((●))</p> <p>LIVE CLASS Gail Garceau</p>	<p>Improve Your Agility Miranda Esmonde-White</p> <p>S F 23min</p>	<p>((●))</p> <p>LIVE CLASS Gail Garceau</p>	<p>((●))</p> <p>LIVE CLASS Miranda Esmonde-White</p>	<p>Improve Your Balance Miranda Esmonde-White</p> <p>S B 23min</p>

WEEK 3 - Energy Boost

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

S STANDING | B BARRE | F FLOOR

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



Unlock Extraordinary

21-DAY CHALLENGE | ADVANCED