







# AM & PM

10-DAY PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
 AM	<b>•LIVE Class</b> Lauren Finkelstein 7:30am EDT 25min	<b>AM Class</b> Alexa Leon 25min	<b>Muscle Activation</b> Sahra Esmonde-White 30min	<b>AM Class</b> Meg Feeney 25min	<b>•LIVE Class</b> Lauren Finkelstein 7:30am EDT 25min
		S B	S B F	S	
 PM	<b>•LIVE Class</b> Julia Bentz 6:00pm EDT 30min	<b>Stress Release</b> Miranda Esmonde-White 23min	<b>Stress Release</b> Miranda Esmonde-White 23min	<b>PM Class</b> Julia Bentz 25min	<b>•LIVE Class</b> Julia Bentz 6:00pm EDT 30min
		S	F	S B F	
	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
 AM	<b>AM Workout</b> Meg Feeney 16min	<b>Morning Routine</b> Ellyn Ochs 20min	<b>•LIVE Class</b> Lauren Finkelstein 7:30am EDT 25min	<b>AM Class</b> Alexa Leon 25min	<b>Increase Energy</b> Gail Garceau 20min
	S	S		S B	S B
 PM	<b>PM Workout</b> Meg Feeney 20min	<b>PM Class</b> Lauren Finkelstein 35min	<b>•LIVE Premiere Relax &amp; Renew</b> Julia Bentz 6:00pm EDT 30min	<b>Tension Release</b> Meg Feeney 30min	<b>PM Class</b> Lauren Finkelstein 35min
	S F	S F		S B	S B

S STANDING | B BARRE | F FLOOR

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