

MON

#61 BODY SCULPT:
Total Body w/
Weights

TUES



REST DAY

WEDS

#43 BARRE CLASS:
Total Body



THURS



REST DAY

FRI

#51 BODY SCULPT:
Cardio Core



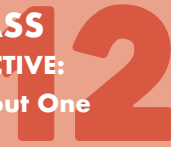
SAT



BONUS CLASS

#62 FAST & EFFECTIVE:
Bodyweight Workout One

SUN



MON

#53 BODY SCULPT:
Single Weight Seat



TUES



REST DAY

WEDS

#57 CARDIO SCULPT:
Cardio Arms & Abs



THURS



REST DAY

FRI

#17 BODY SCULPT:
Total Body
Mat Class



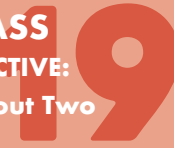
SAT



BONUS CLASS

#63 FAST & EFFECTIVE:
Bodyweight Workout Two

SUN



MON

#1 BODY SCULPT:
Total Body
w/ Weights



TUES



REST DAY

WEDS

#59 TOTAL BODY:
Pilates Ball



THURS



REST DAY

FRI

#49 BODY SCULPT:
Glide & Slide
Legs



SAT

BONUS CLASS
#63 FAST & EFFECTIVE:
Bodyweight
Workout Two



SUN

BONUS CLASS
#63 FAST & EFFECTIVE:
Bodyweight
Workout Two



MON

#32 CARDIO BARRE:
Total Body



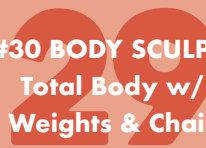
TUES



REST DAY

WEDS

#30 BODY SCULPT:
Total Body w/
Weights & Chair



THURS



REST DAY

FRI

#11 BODY SCULPT:
Side Body



SAT

BONUS CLASS
#63 FAST & EFFECTIVE:
Bodyweight Workout Four



SUN



CONGRATS

**YOU
DID
IT!**