



March 2021

FOR THE LOVE OF BOD

8 WEEK WELLNESS CHALLENGE

	M	T	W	T	F	S
<p>WEEK 3 FOCUS: HARD TO RESIST</p> <p>Hard To Resist Collection - Watch throughout the</p>	<p>Live Stream Sculpt & Burn - 12pm est - replay available (60 min)</p>	<p>Live Stream Sunrise Sweat - 6am est - replay available (60 min)</p>	<p>ZOOM LIVE WORKSHOP - Perfecting Your Form - 12pm Est - See Facebook Group for Link</p> <p>Butty Strong + No Equipment HIIT 1 (40 min)</p>	<p>Upper Body Blast + Butt & Guts (38 min)</p>	<p>30 minutes Cardio of Choice (Or JaimeFit Guided Cardio) Hard Core Abs 2 Hips & Hammies Stretch (60min) SHARE A SEXY SALAD PIC!</p>	<p>Rest. Meal Prep. Set Intentions For Week.</p>
<p>WEEK 4 FOCUS: BOLD & BOOTYFULL</p> <p>Live Stream Booty Shaking Birthday Bash Workout - Celebrate With Me! 9am est Bold & Bootyfull Collection - Watch throughout the week</p>	<p>Live Stream Sculpt & Burn - 12pm est - replay available (60 min) Show us your booty pump! Post your selfie!</p>	<p>Live Stream Combo Event! Sunrise Sweat X Ballet Booty (30min each) Replay available ZOOM LIVE Q&A 12pm est - (30 min)- See Facebook Group for Link</p>	<p>Butty Camp + Butt & Guts (38 min) Share a bold move you've made this week in the group!</p>	<p>Mindful Cardio + Ballet Booty (45 min)</p>	<p>Lower Body Burn + Booty Burner + Step It Up Fast Blast (50 min)</p>	<p>How To S.H.I.N.E. Guided Cardio + Booty Strong (60min)</p>
<p>WEEK 5 FOCUS: K.I.S.S. & MAKEUP</p> <p>K.I.S.S. & Makeup Collection - Watch throughout the week Rest. Meal Prep. Set Intentions For Week.</p>	<p>Live Stream Sculpt & Burn - 12pm est - replay available (60 min)</p>	<p>Live Stream Sunrise Sweat - 6am est - replay available (60 min)</p>	<p>Live Stream ShamROCK Sweat & Step - 12pm est - replay available (60 min) - Wear Green Or Get 100 burpees!</p>	<p>Century Workout - Fit Test #1 Live Makeup Lesson 12pm est - replay available (60 min)</p>	<p>Dance Cardio Tabata + Fast Blast Upper Body (60 min)</p>	<p>BE A GOAL GETTER Guided Cardio+ Stretch & Flex (60 min)</p>
<p>WEEK 6 FOCUS: BLAZING HOT</p> <p>Blazing Hot Collection - Watch throughout the week Rest. Meal Prep. Set Intentions For Week.</p>	<p>Live Stream Sculpt & Burn - 12pm est - replay available (60 min)</p>	<p>Live Stream Sunrise Sweat Tabata - 6am est - replay available (60 min)</p>	<p>Tabata 1 + Tabata 2 (45 min)</p>	<p>Live Stream Signature Sweat & Step - 12pm est - replay available (60 min)</p>	<p>Countdown Pyramid Workout + No Equipment HIIT 2 (60 min)</p>	<p>How To S.H.I.N.E. Guided Cardio + Century Workout (60 min)</p>
<p>WEEK 7 FOCUS: TOTALLY CRUSHING</p> <p>BRING A FRIEND Live Stream XO Signature Sweat & Step - 9am est - replay available</p>	<p>Live Stream Sculpt & Burn - 12pm est - replay available (60 min)</p>	<p>Live Stream Combo Event! Sunrise Sweat X Ballet Booty (30min each) Replay available</p>	<p>Replay Your Favorite Live Stream Workout.</p>			<p>RED ITEMS are NEW and not yet linked to content. On the first day it's scheduled, you'll find these new items in the Featured Section of the catalogue.</p>

Zoom
MARCH 3
12PM



MARCH 28TH
BRING YOUR BESTIE!
9AM



LIVE MAKEUP LESSON
MARCH 18, 12PM