











HAVE A SCARY STRONG OCTOBER

S	M	T	W	T	F	S
<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>					<p>2020 HALLOWEEN WORKOUT REPLAY - BOO-TY CAMP! 1</p>	<p>GHOUHS JUST WANNA HAVE FUN! 2</p> <p>IN PERSON BOOTCAMP LIVE STREAM IN FACEBOOK GROUP 9AM OR ATTEND IN PERSON.</p>
<p>WORK ON THE RESTING WITCH FACE. 3</p> <p>(DON'T FORGET TO POST A PIC IN THE GROUP!)</p> <p>P.S. THE HEAD WITCH IS OFF THIS WEEK! LIVE STREAMS WILL RESUME ON 10/10.</p> 	<p>NEW SCARY STRONG BENCHMARK TEST + WORKOUT (45 MIN) 4</p>	<p>STRONG, SCULPTED LEGS + 5</p> <p>FAST BLAST JUMP OR STEP IT UP FAST BLAST (45 MIN)</p>	<p>NEW SHAPELY SHOULDERS + 6</p> <p>30 MIN CARDIO OF CHOICE (50 MIN)</p>	<p>BOOTY STRONG + 7</p> <p>SLIDER ABS (45 MIN)</p>	<p>PYRAMID WORKOUT + 30 MINUTE CARDIO OF CHOICE 8</p>	<p>STOP FOR A SPELL 9</p> <p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p> <p>JOURNAL TOPIC: WHAT SCARY THING WILL I TACKLE THIS WEEK?</p>
<p>DON'T GHOST ME! 10</p> <p>GET TO LIVE STREAM SCULPT & BURN 9AM EST (75 MIN) REPLAY AFTER.</p>	<p>NEW SCARY STRONG BENCHMARK TEST + WORKOUT (45 MIN) 11</p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) 12</p> <p>ZOMBIES WELCOME.</p> 	<p>LIVE STREAM REPLAY ARMS & ABS (30 MIN) 13</p> <p>LIVE Q&A 12PM EST FACEBOOK GROUP</p>	<p>PUMPKIN SPICE & EVERYTHING NICE! 14</p> <p>LIVE STREAM PUMPKIN SPICY SIGNATURE SWEAT 12PM EST (45 MIN) +</p> <p>TRY THE NEW JAIMEFIT PUMPKIN SPICE PROTEIN SHAKE RECIPE + POST A PIC </p>	<p>THE DARK SIDE REPLAY: 15</p> <p>MAY THE 4TH BE WITH YOU LIVE STREAM REPLAY (60 MIN)</p> 	<p>FEEL FA-BOO-LOUS 16</p> <p>BOOTY BOUNCE + REPLAY RISE MOBILITY FLOW (60 MIN)</p> 
<p>EAT, DRINK & BE SCARY! 17</p> <p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p>	<p>NEW SCARY STRONG BENCHMARK TEST + WORKOUT (45 MIN) 18</p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) 19</p> <p>ZOMBIES WELCOME.</p> 	<p>NEW SHAPELY SHOULDERS + 20</p> <p>30 MIN CARDIO OF CHOICE (50 MIN)</p>	<p>LIVE STREAM SCULPT & BURN 12 PM EST (60 MIN) REPLAY AVAILABLE. 21</p>	<p>BOOTY STRONG + 22</p> <p>HOW TO S.H.I.N.E. CARDIO (60 MIN)</p> <p>NEW TAME A WICKED SWEET TOOTH</p>	<p>TWILIGHT ZONE OUT! 23</p> <p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p> <p>JOURNAL TOPIC: WHAT'S SWEETER THAN HALLOWEEN CANDY?</p>
<p>LIVE STREAM MONSTER MASH UP SIGNATURE SWEAT 12PM EST (60 MIN) 24</p>	<p>NEW SCARY STRONG BENCHMARK TEST + WORKOUT (45 MIN) - FINAL TEST! SHARE IN THE GROUP! NO HALLOWEENIES!! 25</p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) 26</p> <p>ZOMBIES WELCOME.</p> 	<p>NEW BROOMSTICK BURNER WORKOUT NO EQUIPMENT CARDIO 1 (50 MIN) 27</p>	<p>SHAKE YOUR BOOTY, WITCHES! 28</p> <p>LIVE STREAM DANCE CARDIO 7PM (45 MIN) REPLAY AVAILABLE. ZOOM COSTUME CONTEST DURING CLASS! BRING IT!</p> 	<p>BOOTY STRONG + 29</p> <p>NO EQUIPMENT UPPER BODY</p>	<p>BOO-TY CAMP! 30</p> <p>IN PERSON BOOTCAMP LIVE STREAM IN FACEBOOK GROUP 9AM OR ATTEND IN PERSON. IN PERSON COSTUME CONTEST!</p>
<p>HAPPY HALLOWEEN! 31</p> <p>GOOD LUCK WITH THE TRICK OR TREATING!</p> 