

FALL

Mind  Body 

CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
30 Minute Kickboxing Caardio	Barre Arms + Ultimate Booty Burn	Complete Core Video + HIIT Cardio	Total Body 20	Booty & Abs Kettlebell Workout	Booty Blaster Workout + Barre Arms	SummerGirl Yoga Flow
2	3	4	5	6	7	8
Full Length: Total Body Barre Class	Sensational Arms Workout + Upper Abs	Total Body Toned Up	30 Minute Kickboxing Caardio	Baree Fitness Workout	Bikini Body Sculpt + Beach Beauty Workout	Barre Booty & Abs
9	10	11	12	13	14	15
8 Minutes to Sexy Summer Arms + 8 Minute Abs	Barre Fitness Workout	Poolside Pilates + Ultimate Booty Burn	Sexy Summer Arms + Standing Abs Workout	Total Body Kettlebell	Beach Barre Workout	HIIT Cardio
16	17	18	19	20	21	22
Legs & Buns Lower Body Burner	Booty Blaster #2 Workout	Total Body Toned Up	8 Minute Abs + Kickboxing Cardio	Poolside Pilates + Little Black Dress Workout	Long Lean Legs + Barre Arms	Beach Barre Workout
23	24	25	26	27	28	29
Bikini Body Sculpt + Complete Core #2	Full Length: Total Body Carre Class					
30	31	1	2	3	4	5
						