

Week 1 3/16-3/22 VIRTUAL TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 1ST	Full Upper Body #1 View Video	Full Lower Body & Triceps #1 View Video	Biceps & Chest #1 View Video	Shoulders & Booty #1 View Video	Total Body Circuit #1 View Video	Insanity #1 View Video
CARDIO 2ND	Abs & Core Cardio #1 View Video	HIIT #1 View Video	Barre Bootcamp #1 View Video	Pure Kickboxing View Video	Yoga: Kneeling Slow Flow View Video	

Week 2 3/23-3/29 VIRTUAL TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 1ST	Full Upper Body #2 View Video	Full Lower Body #1 View Video	Biceps & Triceps #1 View Video	Abs and Booty #1 View Video	Total Body Circuit #2 View Video	Insanity #2 View Video
CARDIO 2 ND	Abs & Core Cardio #2 View Video	HIIT #2 View Video	Barre Bootcamp #1 View Video	Kickboxing #1 View Video	Yoga: Flow & Go View Video	