



ADVANCED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SPECIAL PRECISION 1. IN 10 UPPER BODY BALLET ARMS IN 10 ALLONGE GLUTES	<input type="checkbox"/> IN 60 DEFINE	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> 30+MIN RUN/BIKE/SWIM	<input type="checkbox"/> ACTIVE RECOVERY IN 60 CLASSIQUE	<input type="checkbox"/> IN 60 SIGNATURE
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 60 SIGNATURE IN 10 ALLONGE GLUTES + HG	<input type="checkbox"/> 30+MIN RUN/BIKE/SWIM W/ 5+ 1MIN SPRINTS 5MIN RUN; 1MIN SPRINT; REPEAT 5+ TIMES IN 10 ALLONGE FOR RUNNERS/SPINNERS	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> ACTIVE RECOVERY IN 60 CLASSIQUE	<input type="checkbox"/> IN 60 BEAT SUNDAY SKOOL PT 1	<input type="checkbox"/> IN 60 X IN 10 ALLONGE WITH ROLLER
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 60 BEAT SUNDAY SKOOL PT 2	<input type="checkbox"/> 30+MIN STAIRS W/ MTN CLIMBERS <small>IF RUN STAIRS UP FOR 30-45 MIN CLIMBERS (MIN. REPEAT (A-T) 30 MIN.)</small> IN 10 ALLONGE HG	<input type="checkbox"/> ACTIVE RECOVERY IN 30 CLASSIQUE IN 10 CORE	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> IN 30 SPECIAL PILATES TOTAL BODY IN 10 ALLONGE MENTAL REJUVENATION	<input type="checkbox"/> IN 60 X
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 60 BASS	<input type="checkbox"/> 30-MIN HIKE WITH 3 INCLINES/HILLS	<input type="checkbox"/> IN 30 SPECIAL CARDIO HIIT IN 10 CORE IN 10 ALLONGE FOR HEADACHE	<input type="checkbox"/> IN 60 SIGNATURE IN 10 ALLONGE FOR COMPUTER USERS	<input type="checkbox"/> ACTIVE RECOVERY IN 60 CLASSIQUE YIN	<input type="checkbox"/> IN 60 X IN 10 ALLONGE BON NUIT

LISTEN TO YOUR BODY