



CORE STRENGTH FITNESS VIRTUAL COACHING SESSIONS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM STRENGTH		6:30AM STRENGTH		6:30AM STRENGTH	8:30AM STRENGTH
7:30AM STRENGTH	7:30AM STRENGTH	7:30AM MOBILITY	7:30AM STRENGTH	7:30AM STRENGTH	9:30AM YOGA
5:00PM CORE	5:00PM MINDSET TALK	5:00PM NUTRITION TALK	5:00PM CORE		
5:30PM STRENGTH	5:30PM STRENGTH	5:30PM YOGA	5:30PM STRENGTH	5:30PM STRENGTH	
6:30PM STRENGTH			6:30PM STRENGTH		

LIVE VIRTUAL COACHING DELIVERED VIA ZOOM. WORKOUT AT THE COMFORT OF YOUR HOME. DESIGNED TO CREATE CONSISTENCY AND STRUCTURE IN YOUR FITNESS ROUTINE. ENGAGE WITH OTHER MEMBERS, HAVE FUN AND DON'T FORGET TO GIVE WI-FIVES
STRENGTH & YOGA (45 MIN) | CORE (20 MIN) | MINDSET & NUTRITION SESSIONS (20 MIN)

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