

grit

14 day

START DATE

DETOX PLAN

DAY	✓	CLASS	DURATION
1	<input type="checkbox"/>	BODY SCULPT	45-60 MIN
2	<input type="checkbox"/>	SPIN & SCULPT	45 MIN
3	<input type="checkbox"/>	GRIT STEP	45 MIN
4	<input type="checkbox"/>	POWER TOWER	45 MIN
5	<input type="checkbox"/>	HIIT + SLOW STRETCH	60 MIN
6	<input type="checkbox"/>	FLEXIN FLOW (REST)	40 MIN
7	<input type="checkbox"/>	BODY SCULPT	45-60 MIN
8	<input type="checkbox"/>	TURBO KICK OR KO	45-50 MIN
9	<input type="checkbox"/>	REV 30 + PURE STRENGTH	60 MIN
10	<input type="checkbox"/>	POWERBELLE	45 MIN
11	<input type="checkbox"/>	HIIT + CORE	60 MIN
12	<input type="checkbox"/>	REV30 + HUMPDAY	60 MIN
13	<input type="checkbox"/>	PURE STRENGTH + SLOW STRETCH	60 MIN
14	<input type="checkbox"/>	TURBO KICK OR KO	45-50 MIN