

**grit**

# SPRING SHAKE UP CHALLENGE

- TAKE 2 CLASSES OF EACH FORMAT.
- CLASSES MUST BE 30 MIN IN LENGTH OR LONGER.
- 18 CLASSES TOTAL.
- CHALLENGE RUNS FROM 3/1/21-3/31/21.

## CLASS FORMATS:

1. BODY SCULPT
2. POWER TOWER // GRIT HIIT // CAMP GRIT
3. FLEXIN' FLOW // SLOW STRETCH
4. LEVEL UP // HUMPDAY // COMPLETE CORE
5. POWERBELLE
6. PURE STRENGTH
7. REV CYCLE45 // REV POWER30 // SPIN & SCULPT
8. GRIT STEP // DANCE CLUB CARDIO
9. TURBO KICK // GRIT KO BOXING

**NO GRIT.  
NO PEARL.**

## CHALLENGE CLASSES:

CLASS 1

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CLASS 2

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CLASS 3

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CLASS 4

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CLASS 5

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CLASS 6

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CLASS 7

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CLASS 8

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CLASS 9

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CLASS 10

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CLASS 11

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CLASS 12

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CLASS 13

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CLASS 14

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CLASS 15

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CLASS 16

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CLASS 17

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CLASS 18

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