

DARE TO DREAM

MARCH CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES:
26	27	28 	1 Flamingo Me Ringo (28 min)	2 REST	3 Muscle Hustle (38 min)	4 Yoga For Sore Muscles (29 min)	
5 REST	6 Smokin Legs & Abs (29 min)	7  Empowered Practice (42 min)	8 Guts & Butts (34 min)	9 REST	10 Chisel My Bod (37 min)	1 Loosen Up (30 min)	
12 REST	13 Work It Circuit (29 min)	14 Balance It Out (39 min)	15 Ring Things (32 min)	16 REST	17  Light It Up (30 min)	18 Pushing Through The Struggle (30 min)	
19 REST	20 Core +More (31 min)	21 Heart Opening Fire Class (41 min)	22 Magic Muscles (33 min)	23 REST	24  Smoldering Shoulders (33 min)	25 Be Present (30 min)	
26 REST	27 Arms, Abs & Legs (33 min)	28 Wring It Out (40 min)	29 Towel Time (27 min)	30 REST	31 Dig Deep (32 min)	1	
2	3	4	5	6	7	8	