

Finding Your Fit 30-Day Breakdown

	(Mon)	(Tues)	Wed Nov 1 (Day 1)	Thur Nov 2 (Day 2)	Fri Nov 3 (Day 3)	Sat Nov 4 (Day 4)	Sun Nov 5 (Day 5)
Recommit & Reclaim Week	Get Ready...	...for some R&R!	GFWN Class virtual 6:30 am in-person 6:30pm	Guest Instructor Yoga virtual 6:30 am in-person 6:30 pm	Rest Day	Active Recovery (will be assigned)	Recorded message to get ready for the week (sent in the evening)
	Mon Nov 6 (Day 6)	Tues Nov 7 (Day 7)	Wed Nov 8 (Day 8)	Thur Nov 9 (Day 9)	Fri Nov 10 (Day 10)	Sat Nov 11 (Day 11)	Sun Nov 12 (Day 12)
Rebuild & Recalibrate Week	GFWN Class virtual 6:30 am in-person 6:30pm	Virtual Live! 7:00pm	GFWN Class virtual 6:30 am in-person 6:30pm	Guest Instructor Elements Barre Fit virtual 6:30 am in-person 6:30 pm	Rest Day	Active Recovery (will be assigned)	Recorded message to get ready for the week (sent in the evening)
	Mon Nov 13 (Day 13)	Tues Nov 14 (Day 14)	Wed Nov 15 (Day 15)	Thur Nov 16 (Day 16)	Fri Nov 17 (Day 17)	Sat Nov 18 (Day 18)	Sun Nov 19 (Day 19)
Rediscover & Reignite Week	GFWN Class virtual 6:30 am in-person 6:30pm	Virtual Live! 7:00pm	GFWN Class virtual 6:30 am in-person 6:30pm	Guest Instructor Kickboxing virtual 6:30 am in-person 6:30 pm	Rest Day	Active Recovery (will be assigned)	Recorded message to get ready for the week (sent in the evening)
	Mon Nov 20 (Day 20)	Tues Nov 21 (Day 21)	Wed Nov 22 (Day 22)	Thur Nov 23 (Day 23)	Fri Nov 24 (Day 24)	Sat Nov 25 (Day 25)	Sun Nov 26 (Day 26)
Recharge & Realign Week	GFWN Class virtual 6:30 am in-person 6:30pm	Virtual Live! 7:00pm	GFWN Class virtual 6:30 am in-person 6:30pm	Thanksgiving Pre-Gobble HIIT w/ Nik *Virtual 6:30 am *bonus class open to all participants PLUS family and friends	Rest Day	Active Recovery (will be assigned)	Recorded message to get ready for the week (sent in the evening)
	Mon Nov 27 (Day 27)	Tues Nov 28 (Day 28)	Wed Nov 29 (Day 29)	Thurs Nov 30 (Day 30)			
Restore & Renew Week	GFWN Class virtual 6:30 am in-person 6:30pm	Virtual Live! 7:00pm	GFWN Class virtual 6:30 am in-person 6:30pm	Celebration virtual 12:00 pm in-person 6:30 pm			
	Color Key: *in-person *virtual *all participants						