

Weekly Schedule

Monday - Resistance Training Day

5:30AM- **LIVE Burn Resistance** w/Meghan (30-40 min)

7:00PM - Weekly Nutrition Tip (Recorded) (5-10 min)

Tuesday - HIIT Cardio Day

5:30AM- **LIVE** Step w/Meghan (30-40 min)

1:00PM - **LIVE** - FREE MOM'S GROUP - Trista's Choice (30-40 min)

Wednesday - Resistance Training Day

5:30AM- **LIVE CTS Resistance** w/Luke

6:30AM- Hot Takes w/Luke (Live or Recorded)

Thursday - Steady State Cardio, Yoga or HIIT Cardio Day

5:30AM- **LIVE** Yoga w/Laura (30-40 min)

Friday - Resistance Training Day

5:00AM- **RECORDED or LIVE Sculpt Resistance** w/Luke

12:00PM- **LIVE** Weekly Check-In w/Luke

Saturday - HIIT Cardio Preferred, Steady State Cardio OK

7:00AM - **RECORDED or LIVE** Cardio Session of the Week*

Sunday - 45 Light Cardio Day (Walk, Jog, Sport, Hiking, etc.)

5:00PM- Weekly Prep Show w/Luke (Live or Recorded)

*The schedule above may change slightly during the challenge and some "LIVE" sessions may be pre-recorded.

All times are Central Standard Time, please adjust based on your time zone