

September

2026

30-DAY ENDLESS SUMMER CHALLENGE

MON	TUE	WED	THU	FRI	SAT	SUN
	1 (45) Total Body Sculpt	2 (30) Buns, Hips, & Thigh Sizzle	3 (30) Cardio Crush	4 (30) Afternoon Stretch	5 (30) Lower Strength	6 (30) Classic Barre
7 (30) Yoga	8 (45) Total Body Strength	9 (30) Sculpt	10 (30) Spring into Strength	11 (30) Gentle Yoga	12 (30) Sculpt	13 (30) Advanced Booty Sculpt
14 (45) Mat Pilates	15 (25) Inner/Outer Thighs	16 (30) Stretch It Out	17 (30) Summer Sculpt	18 (30) Strength	19 (30) Cardio	20 (30) Dynamic Chair Stretch
21 (25) Strength	22 (30) Defined Arms	23 (30) Stretch and Breath	24 (20) Cardio Barre	25 (30) Dynamic Total Body	26 (30) Strength- Sculpt	27 (30) Sculpt- Light Weights
28 (30) Total Body Strength	29 (30) Stretch: Happy Hips + Hamstrings	30 (30) Cardio Barre-Sculpt				