

SHAPE x obé 21 Jump Start

1

- Activate +Strength
- 64 oz. water
- 10 mins. of mindfulness

2

- Sculpt
- 64 oz. water
- 10 mins. of mindfulness

3

- Cardio Boxing
- 64 oz. water
- 10 mins. of mindfulness

4

- Express HIIT + Strength
- 64 oz. water
- 10 mins. of mindfulness

5

- Pilates
- 64 oz. water
- 10 mins. of mindfulness

6

- Detox Yoga Flow
- 64 oz. water
- 10 mins. of mindfulness

7

- LIVE CLASS
- 64 oz. water
- 10 mins. of mindfulness

8

- Sculpt
- 64 oz. water
- 10 mins. of mindfulness

9

- Dance HIIT
- 64 oz. water
- 10 mins. of mindfulness

10

- Strength
- 64 oz. water
- 10 mins. of mindfulness

11

- Express Cardio Boxing + Barre
- 64 oz. water
- 10 mins. of mindfulness

12

- Dance Cardio
- 64 oz. water
- 10 mins. of mindfulness

13

- Yoga Sculpt
- 64 oz. water
- 10 mins. of mindfulness

14

- LIVE CLASS
- 64 oz. water
- 10 mins. of mindfulness

15

- Power
- 64 oz. water
- 10 mins. of mindfulness

16

- Dance HIIT
- 64 oz. water
- 10 mins. of mindfulness

17

- Sculpt
- 64 oz. water
- 10 mins. of mindfulness

18

- Express Abs + Cardio Boxing
- 64 oz. water
- 10 mins. of mindfulness

19

- Pilates
- 64 oz. water
- 10 mins. of mindfulness

20

- Yoga
- 64 oz. water
- 10 mins. of mindfulness

21

- LIVE CLASS
- 64 oz. water
- 10 mins. of mindfulness