

21 Day **FIX** EXTREME

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Piyo Fix Extreme Pwer Strength Extreme	Upper Fix Extreme	Pilates Fix Extreme	Lower Fix Extreme	Cardio Fix Extreme	Dirty 30 Extreme ABC Extreme
Yoga Fix Extreme	Piyo Fix Extreme Pwer Strength Extreme	Upper Fix Extreme	Pilates Fix Extreme	Lower Fix Extreme	Cardio Fix Extreme	Dirty 30 Extreme ABC Extreme
Yoga Fix Extreme	Piyo Fix Extreme Pwer Strength Extreme	Upper Fix Extreme	Pilates Fix Extreme	Lower Fix Extreme	Cardio Fix Extreme	Dirty 30 Extreme ABC Extreme
Yoga Fix Extreme						