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	**Guest Instructor!** **Yoga** virtual 6:30 am	**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	**Virtual Live!** 7:00pm	**GFWN Class** virtual 6:30 am	**Guest Instructor** **TBA** virtual 6:30 am	**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	**Virtual Live!** 7:00pm	**GFWN Class** virtual 6:30 am	**Guest Instructor!** **Kickboxing** virtual 6:30 am	**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	**Virtual Live!** 7:00pm	**GFWN Class** virtual 6:30 am	**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	**Virtual Live!** 7:00pm	**GFWN Class** virtual 6:30 am	**Celebration** virtual 12:00 pm			