

5 Day

Beginner Class



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|  | Want to insert a picture from your files or add a shape? | On the Insert tab of the ribbon, just click the option you need. | Use styles to easily format your Word documents in no time. For example, this text uses the Events style. | View and edit this document in Word on your computer, tablet, or phone. | You can edit and seamlessly save the document to the cloud from Word. |



7 Day Sculpt

& Tone

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| SUN | MON | TUE | WED | THU | FRI | SAT |
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14 Days/10 Minutes

Complete Body

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| SUN | MON | TUE | WED | THU | FRI | SAT |
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