THE FREE 5 DAY

# MENOPAUSE FITNESS & FAT LOSS CHALLENGE

THE SCULPTED vegan

**WORKOUT**
WITH **LAURA**

NOON UK
7AM ET
6AM CT
4AM PT



**MASTERCLASS**
WITH **KIM**

4 PM UK
11AM ET
10AM CT
8AM PT



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---|---|---|---|---|
| MONDAY, OCTOBER 14TH | TUESDAY, OCTOBER 15TH | WEDNESDAY, OCTOBER 16TH | THURSDAY, OCTOBER 17TH | FRIDAY, OCTOBER 18TH |
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