

60 DAY CHALLENGE

SCULPT

Belle Hutt Community

WALK AT SMILE

week²

- ☐ HICT
- ☐ UBB
- ☐ Tabata
- ☐ Mega Strength
- ☐ Arms Blast
- ☐ Stretch Class
- ☒ 5km Walk/Run

week¹

- ☐ Indoor Cardio
- ☐ Resisted HIIT
- ☐ Sculpt Class
- ☐ 4km Walk/Run
- ☐ Full Body Stretch
- ☐ Mobility Class
- ☒ Core Class

week³

- ☐ Ultimate HIIT Class
- ☐ Indoor Cardio
- ☐ Abs HIIT
- ☐ Sculpt
- ☐ Mobility Class
- ☐ Full Body Stretch
- ☒ Mega Strength

WATER station

- W1       
- W2       
- W3       