

for the whole
challenge

number of
Bonus
complete



SCULPT

week 5

- ☐ Indoor Cardio
- ☐ HIIT
- ☐ Sculpt Class
- ☐ 4km Walk/Run
- ☐ Mobility Class
- ☐ Stretch Class
- ☒ 20-20 Class

week 4

- ☐ Easter Energiser
- ☐ Sculpting HIIT
- ☐ HICT
- ☐ Core Class
- ☐ 6km Walk/Run
- ☐ Foam Rolling
- ☒ Stretch & Mobility

week 6

- ☐ Easter Energiser
- ☐ Ultimate HIIT Class
- ☐ Abs HIIT
- ☐ Booty Blast
- ☐ Upper Body Blast
- ☐ Full Body Stretch
- ☒ 5km Walk/Run

WATER station

W4



W5



W6

