

Month of May

Thriving @ Home Survivor Challenge



This month I'm hyper dedicated in helping you feel empowered to get and stay on-track with your goals during this time..... *This month is packed with fresh ideas, tips, and strategies to help you stay healthy – and avoid feeling stressed and overwhelmed!*

*Classes start at 6pm unless otherwise indicated

Payment: cashapp \$gymnanigan | Venmo @Donna-Gymnanigans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	4 th BoxHIIT Class	5 th	6 th Resistance Band Class	7 th	8 th Fight Friday *get your hand wraps	9 th
Rest	11 th BoxHIIT Class	12 th Main Event Heavy Bag Class (must have heavy bag) 6pm	13 th Dumbbell Class	14 th	15 th Fight Friday *get your hand wraps	16 th
Rest	18 th BoxHIIT Class	19 th	20 th Resistance Band Class	21 st	22 nd Fight Friday *get your hand wraps	23 rd Flex Flow Class 11am
Rest	25 th BoxHIIT Class	26 th	27 th Dumbbell Class	28 th	29 th Fight Friday *get your hand wraps	30 th