



MADE FITNESS ^W

NOVEMBER 2021 WORKOUT SCHEDULE

11/1 - 11/7	WEEK 1	TRIFECTA LIVE! HELLZ BELLZ #1 ELEVATE LIVE!	FUEL #40 MASH-UP #25
11/8 - 11/14	WEEK 2	TABATA #37 LEVEL-UP LIVE! IGNITE LIVE!	KETTLEBURN #26 HELLZ BELLZ #2
11/15 - 11/21	WEEK 3	ELEVATE #20 KETTLEBURN LIVE! IGNITE #39	LEVEL-UP #38 TABATA LIVE!
11/22 - 11/30	WEEK 4	MASH-UP LIVE! ELEVATE #19 THANKSGIVING THROWDOWN	TRIFECTA #20 FUEL LIVE! MASH-UP #8 HELLZ BELLZ LIVE!