JANISSAFFELL.com
FITNESS
KICKBOXING. YOGA . TABATA. PILATES. TOTAL BODY. HIIT. BOOTY.

2020 December

HOW TO USE THIS CALENDAR
1. Subscribe to Youtube.com/JanisSaffell HERE
2. Click on the LINKS & get your workout on
3. Get social tag #teamjsfit & @janissaffellfitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ❑ FREE Book	2 ❑ BUY JANIS SAFFELL OnDemand 1-Year Subscription	3 ❑ BUY JANIS SAFFELL OnDemand Monthly Subscription	4 ❑ FREE BOOK	5 ❑ BUY 4 Week Fat Blaster
6 ❑ MMA Hiit TABATA	7 ❑ JSFIT 1 CHALLENGE	8 ❑ UPPER BODY BLASTER	9 ❑ BALLETONE BOOTY/ABS JANISSAFFELL LIVE	10 ❑ TABATA FAT BLASTER ROW COMBO	11 ❑ BUY TOTAL BODY YOGA Janis Saffell	12 ❑ KICKBOXING CORE CRUSHER
13 ❑ BUY BRAND NEW BUTT and more... Janis Saffell	14 ❑ MUSCLE MADNESS JANISSAFFELL LIVE	15 ❑ BUY TOTAL BODY PILATES Janis Saffell	16 ❑ BOOTY BRIDGE	17 ❑ STRONG SEXY ABS	18 ❑ BALLET BAR LEG DAY ❑ BALLET BAR BOOTYLICIOUS	19 ❑ TOTAL BODY SHREDDER JANISSAFFELL LIVE
20 ❑ QUICKIE BOOTY & ABS WORKOUT	21 ❑ EXTREME TABATA	22 ❑ STRONG SEXY ARMS	23 ❑ SALUTE TO YOUR GLUTES	24 ❑ WEIGHT ROOM WORKOUT JANISSAFFELL LIVE	25 ❑ 10 MIN ABS Merry Christmas	26 ❑ JSFIT 2 CHALLENGE
27 ❑ WEEK CLASS PASS JANISSAFFELL LIVE	28 ❑ BOOTY BLASTER	29 ❑ ONE ON ONE TRAINING	30 ❑ BUY TOTAL BODY BLASTER Janis Saffell	31 ❑ FREE 30-DAY WORKOUT CALENDAR		

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