



- Saturday, January 20th 12:00 pm FREE Clean 21 Detox 101 Workshop
- Thursday, January 25th 6:00 – 7:00 pm Coaching Session: Clean 21 Science RX
- Saturday, January 27th 10:00 am – 12:00 pm Group Body Composition Assessments (Official Kick Off)
- Thursday, February 1st 6:00 – 7:00 pm Coaching Session: Detox, Digestion & Gut Health
- Thursday, February 8th 6:00 – 7:00 pm Coaching Session: Diet, Metabolism & Healing
- Saturday, February 10th 12:00 pm Pilates Fundamentals Workshop
- Saturday, February 24th 10:00 am- 12:00 pm Group Body Composition Assessments