



## CLEAN 21 DETOX COURSE SCHEDULE OPPORTUNITIES

- Saturday, January 20<sup>th</sup> 12:00 pm FREE Clean 21 Detox 101 Workshop
- Thursday, January 25<sup>th</sup> 6:00 – 7:00 pm Coaching Session: Clean 21 Science RX
- Saturday, January 27<sup>th</sup> 10:30 am – 12:00 pm Group Body Composition Assessments (Official Kick Off)
- Thursday, February 1<sup>st</sup> 6:00 – 7:00 pm Coaching Session: Detox, Digestion & Gut Health
- Thursday, February 8<sup>th</sup> 6:00 – 7:00 pm Coaching Session: Diet, Metabolism & Healing
- Saturday, February 10<sup>th</sup> 12:00 pm Pilates Fundamentals Workshop
- Saturday, February 24<sup>th</sup> 10:30 am- 12:00 pm Group Body Composition Assessments