



Sugar Detox
PILATES 1901

CLEAN 21 DETOX COURSE SCHEDULE OPPORTUNITIES

- Saturday, January 12th 12:00 pm FREE Clean 21 Sugar Detox Workshop
- Wednesday, January 16th 6:00 – 7:00 pm Coaching Session: Whole Foods Grocery Tour
- Saturday, January 19th 11:00 am – 12:00 pm Group Body Composition Assessments
- Sunday, January 20th - Official Detox Kick Off
- Wednesday, January 23rd 6:00 :00 pm Coaching Session: Simple One Pot Meal Planning
- Wednesday, January 30th 6:00 – 7:00 pm Coaching Session: High Efficiency Exercise: Most for Least
- Wednesday, February 6th 6:00 – 7:00 pm Coaching Session: The Habit of Change
- Saturday, February 16th 10:00 am- 12:00 pm Group Body Composition Assessments
12:00 pm The Magic of Loving What 's Goof For You with Nikki Crawford