



Sugar Detox  
PILATES 1901

## CLEAN 21 DETOX COURSE SCHEDULE OPPORTUNITIES

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