

NOVEMBER
RELEASES

30
OCT **BODYCOMBAT**
RELEASE 71



02
NOV **BODYBALANCE/FLOW**
RELEASE 75 | STRENGTH



06
NOV **BODYPUMP**
RELEASE 100 | UPPER BODY



06
NOV **BODYPUMP**
RELEASE 101



09
NOV **BODYPUMP**
RELEASE 100 | METABOLIC BLAST



11
NOV **RPM**
RELEASE 73



11
NOV **RPM**
RELEASE 73



16
NOV **BODYATTACK**
RELEASE 95



16
NOV **BODYATTACK**
RELEASE 96



20
NOV **BODYSTEP**
RELEASE 106



23
NOV **BODYSTEP**
RELEASE 106



27
NOV **GRIT STRENGTH**
RELEASE 19



27
NOV **GRIT CARDIO**
RELEASE 19



27
NOV **GRIT PLYO**
RELEASE 19



30
NOV **CXWORX**
RELEASE 25 | AB BLAST



30
NOV **CXWORX**
RELEASE 26



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