

# NOVEMBER RELEASES

	S	M	T	W	TH	F	S
WEEK 1	29 OCT	30 OCT <b>BODYCOMBAT</b> RELEASE 71 	31 OCT	01	02 NOV <b>BODYBALANCE/FLOW</b> RELEASE 75 STRENGTH 	03	04
WEEK 2	05	06 NOV <b>BODYPUMP</b> RELEASE 100 UPPER BODY  <b>BODYPUMP</b> RELEASE 101 	07	08	09 NOV <b>BODYPUMP</b> RELEASE 100 METABOLIC BLAST 	10	11
WEEK 3	12	13 NOV <b>RPM</b> RELEASE 73  <b>RPM</b> RELEASE 73 	14	15	16 NOV <b>BODYATTACK</b> RELEASE 95  <b>BODYATTACK</b> RELEASE 96 	17	18 NOV 
WEEK 4	19	20 NOV <b>BODYSTEP</b> RELEASE 106 	21	22	23 NOV <b>BODYSTEP</b> RELEASE 106 	24	25
WEEK 5	26	27 NOV <b>GRIT</b> RELEASE 19   PLYO RELEASE 19   CARDIO RELEASE 19   STRENGTH 	28	29	30 NOV <b>CXWORX</b> RELEASE 26  <b>CXWORX</b> RELEASE 25 AB BLAST 	01 DEC	02 DEC

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