



MON14

TUE15

WED16

THU17

FRI18

08:00

09:00

10:00

11:00

12:00

1

13:00

14:00

15:00

PLAN YOUR ROUTE

15 Steady Roadster

PLAN YOUR ROUTE

ROUTE

Route Details

Distance: 5.2 miles

Estimated Time: 45 mins

Terrain: Mixed

Upcoming Workouts

Yoga Flow

07:00 AM - 11:00 AM

HBT Blast

03:00 PM - 10:00 PM

Strength Training

TUESDAY, Sept 16 - Live Broadcast

08:00 - Vitamin C

1 pm, after meal, weekly

WEDNESDAY, Sept 20 - Upcoming Workouts

the roadster - Road Trip

THURSDAY, Sept 21 - Roadtrip

08:00 - Cough Syrup

1 drop, before meal



