






CoffeyFit "RAW" Muscle Definition Rotation

<p>30 - Minutes to Fitness</p>  <p><i>Kickbox Contouring</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Tubing Works</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Cardio Sculpt Overload</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Bands & Barre</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Core Moves</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Stretch</i></p>
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<p>30 - Minutes to Fitness</p>  <p><i>Compound Moves</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Floor Work</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Upper Body Blast</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Boxing & Tubing</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Body Sculpt Overload</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Perfect 10</i></p>
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<p>30 - Minutes to Fitness</p>  <p><i>Upper Sculpt/Lower Tone</i></p>	<p>30 - Minutes to Fitness</p>  <p><i>Cardio Weight Tabatas</i></p>
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