

ADVENTURE

R E I M A G I N E D

EVENT SCHEDULE

MARCH

MONTH OF RECOVERY

Thursday, March 4

Recover Yoga Flow

5:30PST/8:30EST

Thursday, March 11

Expert CBD Discussion

5:30PST/8:30EST

Thursday, March 18

Cold Therapy Challenge

5:30PST/8:30EST

Sunday, March 28

Benefits of Breathing

4PST/7EST

APRIL

MONTH OF STRENGTH

Wednesday, April 7

Professional Strength Coach

Talks Protein

5:30PST/8:30EST

Wednesday, April 14

Train Like a Professional Athlete

5:30PST/8:30EST

Thursday, April 22

Protein for every Occasion

5:30PST/8:30EST

Wednesday, April 28

Protein Cooking with a

Celebrity Chef

5:30PST/8:30EST

Tune in to each event on the [@XSNation](#) Facebook^{®†} page

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