

JAN

LIVE + ON-DEMAND WORKOUTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Legend			1	2	3	4	5
LIVE CLASS No Equipment Low Impact	6 Mobility Flow 40 min Live	7 Strength Upper Body 20 min	8 Cardio & Abs 30 min	9 Mobility Flow 40 min Live	10 Rest	11 Strength Lower Body 20 min	12 Soothing Stretch Flow 20 min
Yoga Blocks Low Impact	13 Mobility Flow 40 min Live	14 Total Body Tabata 30 min	15 Rest	16 Mobility Flow 40 min Live	17 Strength Lower Body 20 min	18 Strength Upper Body 20 min	19 Soothing Stretch Flow 20 min
2 Dumbbells Medium Impact	20 Mobility Flow 40 min Live	21 Strength Upper Body 20 min	22 Cardio & Abs 30 min	23 Mobility Flow 40 min Live	24 Rest	25 Strength Lower Body 20 min	26 Soothing Stretch Flow 20 min
Need a Mat Medium to High Impact	27 Mobility Flow 40 min Live	28 Total Body Tabata 30 min	29 Strength Upper Body 20 min	30 Mobility Flow 40 min Live	31 Strength Lower Body 20 min		