

Sprout

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Floor Abs on Fire</u> 35m	2 <u>Side Booty Balance Power Vinyasa</u> 38m	3 <u>Vinyasa Flow to Tune into the Third Eye</u> 49m	4 <u>Double Espresso Shot Yoga for Obliques</u> 31m	5 <u>Yoga for a Powerful Posterior</u> 39m	6 <u>Go with the Flow Fluid Vinyasa</u> 28m
7 <u>Slow Flow Vinyasa for Vata</u> 40m	8 <u>Busy Day Heart Opening Flow</u> 25m	9 <u>Flowy Vinyasa for Flexibility.</u> NEW 33m	10 <u>Burn Booty Burn Interval Yoga Flow</u> 37m	11 <u>Shoulders and Core Strength Builder Vinyasa</u> 34m	12 <u>Juicy Yoga for the Hips</u> 44m	13 <u>Dancers Vinyasa Fluid Flow</u> 34m
14 <u>HIIT Yoga to Boost the Metabolism</u> 34m	15 <u>Quick Pick Me Up Power Yoga Flow</u> 28m	16 <u>Release Vinyasa Flow for Open Energy Channels</u> 47m	17 <u>Planks-a-Latte Interval Yoga Flow</u> 34m	18 <u>Strong Like Bamboo Power Vinyasa</u> 27m	19 <u>Creative Interval Infused Yoga Workout</u> 36m	20 <u>Bloom into your Best Self Vinyasa</u> 45m
21 <u>Vinyasa Flow for Kapha Balancing</u> 28m	22 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m	23 <u>Awaken the Glutes Power Flow</u> NEW 47m	24 <u>Vinyasa for Posture and Balance</u> 35m	25 <u>Yoga Inspired HIIT</u> 16m	26 <u>Tone and Tighten Vinyasa Flow</u> 37m	27 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m
28 <u>Full Body Power Punch</u> 39m	29 <u>Summer Lovin' Booty + Arms Interval Yoga</u> 42m	30 <u>Core Gratitude Progressive Vinyasa Flow</u> 38m	31			