

# Entertain

August 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Embrace the Wobbles Interval Yoga</u> 40m	2 <u>Morning Full Body Awakening Flow</u> 22 m	3 <u>Yoga Inspired HIIT</u> NEW 16m	4 <u>Slow Flow Summertime Yoga for Flexibility</u> 40m	5 <u>Core Power Yoga Mountain Climbers</u> 36m	6 <u>Posture- Strength and Stretch Vinyasa</u> 37m	7 <u>Core and Cardio Coffee Cup</u> 43m
8 <u>Leo the Lion Vinyasa</u> 45m	9 <u>Quick Energizing Morning Yoga Flow</u> 27m	10 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m	11 <u>Full Body Power Punch Yoga</u> 40m	12 <u>Inner Child Vinyasa</u> 44m	13 <u>Creative Interval Infused Yoga Workout</u> 36m	14 <u>Wrist Free Vinyasa for Balance</u> 37m
15 <u>Meditation to Move Energy</u> 11m	16 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m	17 <u>Quick Yoga Workout for Upper Body and Core</u> NEW 30m	18 <u>Wrist Free Twisty Vinyasa</u> 32m	19 <u>Interval Yoga to Stretch toward your Dreams</u> 38m	20 <u>Morning Interval Yoga for Strong Legs</u> 23m	21 <u>Summer Full Body Power Flow</u> 36m
22 <u>Squeeze Squeeze Squeeze the Core Vinyasa</u> 37m	23 <u>Build and Booty Power Vinyasa</u> 30m	24 <u>Quickie Abs and Arms Interval Yoga</u> 15m	25 <u>Wrist Free Sweaty Mess Power Flow</u> 33m	26 <u>Posture and Posterior Chain Sweaty Mess Workout</u> 29m	27 <u>Core Power Punch</u> 26m	28 <u>After Travel Take up Space Vinyasa</u> 30m
29 <u>Wake up and Roar Powerful Morning Flow</u> 34m	30 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	31 <u>Jazzy Infusion Ep. 4 Arms, Core, Plyo</u> 60m				