

# Enhance

December 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Vinyasa Flow to Tune into the Third Eye</u> 49m	2 <u>Apt. Friendly Full Body HIIT</u> 18m	3 <u>Corevember Espresso Shot Abs</u> 23m	4 <u>After Travel Take Up Space Vinyasa</u> 30m
5 <u>Blissful Upper Back Release</u> 52m	6 <u>Espresso Shot Yoga for Legs</u> 26m	7 <u>Standing Vinyasa for Flexibility</u> 38m	8 <u>Power Yoga to Embrace who You Are</u> 50m	9 <u>20 Min No Repeat HIIT</u> 23m	10 <u>Energy Rising Kundalini Fusion Flow</u> 44m	11 <u>Creative Interval Infused Yoga Workout</u> 36m
12 <u>1 Hour Sweaty Mess Power Yoga</u> 58m	13 <u>Quick Core Power Yoga</u> 28m	14 <u>Level 1-2 Yoga for Strength and Length</u> NEW 35m	15 <u>Rainy Day Core Power Yoga</u> 29m	16 <u>Strong like a Warrior Vinyasa</u> 43m	17 <u>Upper Body Strength Vinyasa flow</u> 42m	18 <u>Hot Coffee in Winter Power Yoga</u> 30m
19 <u>Yoga for a Powerful Posterior</u> 39m	20 <u>Empowered Goddess Vinyasa Flow</u> 44m	21 <u>Generate Heat Bouncy Power Vinyasa</u> 32m	22 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	23 <u>Holiday Cardio Power Yoga</u> 38m	24 <u>Busy Day Heart Opening Flow</u> 25m	25 <u>World's Fastest Vinyasa</u> 11m
26 <u>Yin Yoga for Stress Relief and Relaxation</u> 37m	27 <u>Apt Friendly Full Body Intervals</u> 16m	28 <u>Twists and Elongation Vinyasa</u> NEW 35m	29 <u>Travel HIIT w/ Yoga Warm Up</u> 26m	30 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m	31 <u>HIIT for New Beginnings</u> 21m	