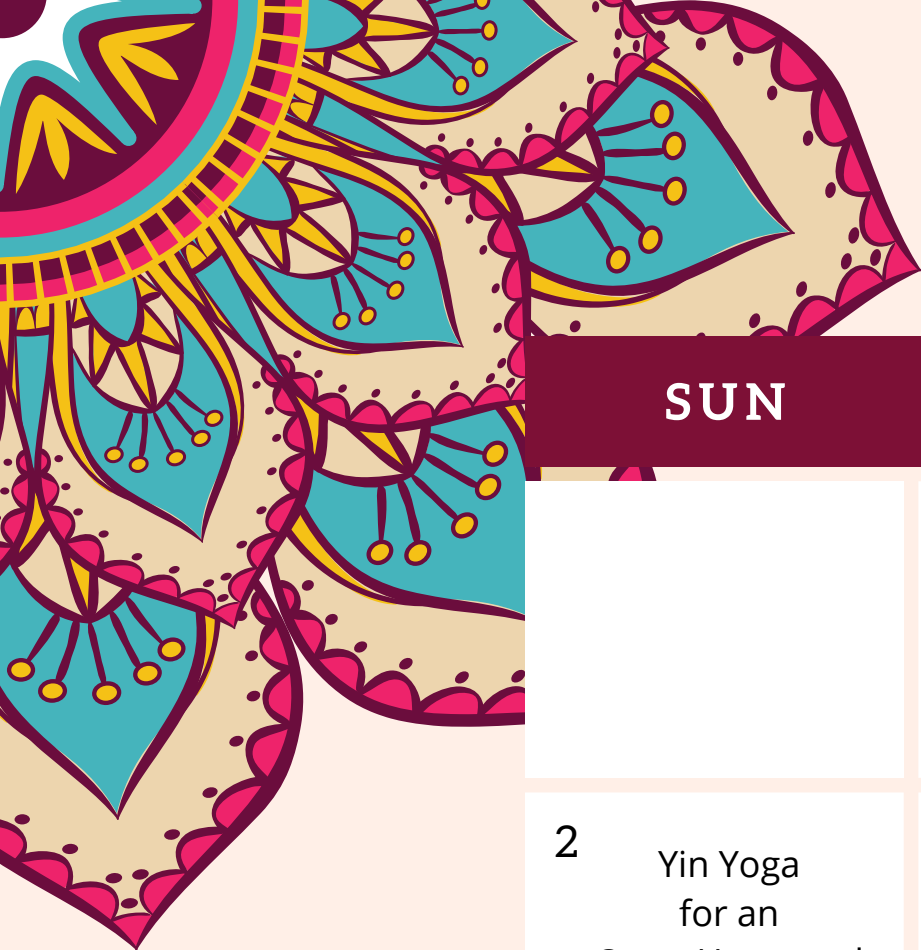


Open



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Standing Fluidity Flow in the Rain 25 m
2 Yin Yoga for an Open Heart and Better Posture 32 m	3 Apt- Friendly Full Body Intervals 16 m	4 Build a Booty Power Vinyasa 30 m NEW	5 Love your Tired Legs - Slow Flow 28 m	6 Intro to Power Yoga Day 17 26 m	7 Your Body is a Temple Power Vinyasa 21 m	8 Inner Child Vinyasa 44 m
9 Posture Strength and Stretch - Vinyasa Flow 37 m	10 18 Minute Travel HIIT W/ Yoga Warm-up 26 m	11 Happy Belly Strong Core Power Vinyasa 27 m NEW	12 Intro to Power Yoga Day 26 23 m	13 Resolution Day 12 Joy 25 m	14 Open Heart Open Mind Valentine's Yoga Flow 30 m	15 Resolution Day 27 Release 30 m
16 Vinyasa Flow for Hikers 49 m	17 Rainy Day Booty Yoga Fusion Flow 35 m	18 Testing the Balance Vinyasa Flow 34 m NEW	19 Upper Body and Core Vinyasa Flow 34 m	20 12 minute Cardio Quad Burnout HIIT 18 m	21 Power of the Side Plank Vinyasa Flow 30 m	22 Wrist-Free Flow for Better Posture 34 m
23 Blissful Upper Back Release 52 m	24 Resolution Day 17 Core Values 32 m	25 Mardi Gras Calorie Burn-Off Power Yoga 30 m NEW	26 Gentle Yoga for Strength and Stability 37 m	27 Wrist-Free Quickie 27 m	28 Slow Flow Yoga for Shoulders and Back 35 m	29 Resolution Day 14 Jump 18m

Feb 2020

