

# Sweat

July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Dancers Vinyasa Fluid Flow</u> 34m	2 <u>Yoga Fusion for the Upper Body</u> 38m
3 <u>Espresso Shot Yoga for Legs</u> 26m	4 <u>Quick Kundalini Krya for Better Digestion</u> 15m	5 <u>HIIT Yoga to Boost the Metabolism</u> 34m	6 <u>Twisting Coffee Cup Interval Infused Yoga</u> 36m	7 <u>Horse Stance Power Vinyasa</u> 21m	8 <u>Posture Strength and Stretch Vinyasa</u> 38m	9 <u>Full Body Power Punch Yoga</u> 39m
10 <u>Power Yoga for the Sacral Chakra</u> 43m	11 <u>Criss Cross Core Interval Yoga</u> 33m	12 <u>Vinyasa for Strong Hammies</u> NEW 44m	13 <u>Speedy Sweaty Upper Body Vinyasa</u> 23m	14 <u>Interval Yoga to Stretch toward your Dreams</u> 38m	15 <u>Abs of Steel HIIT Class</u> 19m	16 <u>Power Vinyasa for Strong Legs</u> 34m
17 <u>Quick Core Power Yoga</u> 28m	18 <u>Full Body Intervals</u> 16m	19 <u>Core+Cardio Coffee Cup</u> 43m	20 <u>Buns+Guns Power Yoga</u> 35m	21 <u>Yoga Inspired HIIT</u> 16m	22 <u>Leo the Lion Vinyasa Flow</u> 45m	23 <u>Power Yoga for Strong Blood and Circulation</u> 32m
24 <u>Upper Body Intervals</u> 18m	25 <u>Wrist Free Sweaty Mess Power Flow</u> 33m	26 <u>Vinyasa for Side Plank Prep</u> NEW 38m	27 <u>Posture and Posterior Chair Sweaty Mess Yoga Workout</u> 28m	28 <u>Slow Flow Summertime Yoga</u> 40m	29 <u>Quick Yoga Workout for Upper Body and Core</u> 30m	30 <u>20 Min No Repeat HIIT Workout</u> 23m
31 <u>Balancing Core Interval Yoga</u> 41m						