

Heat

July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <u>Busy Day Flow for Mobility and Strength</u> 20m
2 <u>Double Espresso Shot Yoga for Obliques and Hips</u> 31m	3 <u>Hot Hot Heat Morning Flow</u> 14m	4 <u>Bikini Body Power Vinyasa</u> NEW 28m	5 <u>Wrist Free Sweaty Mess Power Flow</u> 33m	6 <u>Side Plank Prep Vinyasa</u> 38	7 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m	8 <u>Quick Yoga Workout Upper Body + Core</u> 30m
9 <u>Fluid Intervals Power Yoga for Strength</u> 39m	10 <u>Too Hot to Function Vinyasa</u> 39m	11 <u>Energy Rising Kundalini Fusion Flow</u> 44m	12 <u>HIIT Yoga to Boost the Metabolism</u> 34m	13 <u>Side Body Strength Power Vinyasa</u> 33m	14 <u>Hot Fire Flames Desert Interval yoga for Legs</u> 24m	15 <u>Yoga Fusion for the Upper Body</u> 38m
16 <u>Twisty Core and Cardio Interval Yoga</u> 40m	17 <u>Lunch Break Power Yoga</u> 15m	18 <u>Summer Lovin' Booty and Arms Interval Yoga</u> NEW 42m	19 <u>Busy Day Morning Flow</u> 15m	20 <u>Vinyasa for Posture + Balance</u> 35m	21 <u>Twisting Coffee Cup Interval Infused Yoga</u> 36m	22 <u>Cardio Power Yoga</u> 38m
23 <u>Release Vinyasa Flow</u> 47m	24 <u>Yoga Inspired HIIT</u> 16m	25 <u>Leo the Lion Vinyasa</u> 45m	26 <u>Side Plank Prep 2 Vinyasa</u> 38m	27 <u>Slow Flow Summertime Yoga for Flexibility</u> 40m	28 <u>Quick Energizing Morning Yoga</u> 27m	29 <u>Happy Belly Strong Core Power Vinyasa</u> 28m
30 <u>Upper Body Strength Vinyasa</u> 41m	31 <u>Abs of Steel HIIT</u> 19m					