

Ignite

July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Let it be as it is- Pitta Balancing</u> <u>Vinyasa</u> 40m	2 <u>Floor Abs on Fire</u> 35m	3 <u>Awaken the Glutes</u> <u>Power Flow</u> 45m	4 <u>Bikini Body</u> <u>Power Vinyasa</u> 30m	5 <u>Quickie Abs and Arms</u> <u>Interval Yoga Flow</u> 15m	6 <u>Yoga for a Powerful Posterior</u> 40m
7 <u>HIIT Yoga for Upper Body and Cardio</u> 30m	8 <u>Build a Booty</u> <u>Power Vinyasa</u> 30m	9 <u>Waist Trimmer</u> <u>Twisty Power</u> <u>Yoga Flow</u> NEW 30m	10 <u>Summer Lovin'</u> <u>Booty and Arms</u> <u>Interval Yoga</u> 42m	11 <u>Core Power Vinyasa</u> <u>Mountain Climber</u> <u>Edition</u> 36m	12 <u>Burn Booty Burn</u> <u>Interval Yoga</u> <u>Flow</u> 37m	13 <u>Side Body</u> <u>Cinch Vinyasa</u> 32m
14 <u>Slow Flow Vinyasa</u> <u>for Vata</u> 40m	15 <u>Peach Perfect</u> <u>Interval Yoga</u> 42m	16 <u>Awaken the Core</u> <u>Vinyasa</u> 32m	17 <u>Backbendy Flow</u> <u>for Pitta Balancing</u> 51m	18 <u>Root to Rise</u> <u>Yoga for Earth Day</u> 40m	19 <u>Advances Standing</u> <u>Vinyasa</u> 38m	20 <u>Double Espresso Shot</u> <u>Yoga for Obliques</u> <u>and Hips</u> 31m
21 <u>Slow Flow</u> <u>Summertime Yoga</u> <u>for Flexibility</u> 40m	22 <u>Busy Day</u> <u>Morning Flow</u> 18m	23 <u>Twisty Full Body</u> <u>Power Punch</u> NEW 30m	24 <u>Side Booty Balance</u> <u>Power Vinyasa</u> 39m	25 <u>Standing Vinyasa</u> <u>for Flexibility</u> 38m	26 <u>Leo the Lion</u> <u>Vinyasa Flow</u> 45m	27 <u>Happy Belly</u> <u>Strong Core</u> <u>Power Vinyasa</u> 27m
28 <u>Summer Full Body</u> <u>Power Flow</u> 36m	29 <u>Lean Legs</u> <u>Booty Builder</u> <u>Sweaty Mess</u> 54m	30 <u>Twisty Core and</u> <u>Cardio Interval</u> <u>Yoga</u> 40m	31 <u>Busy Day</u> <u>Heart Opening Flow</u> 25m			