

Shine

June 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Legs Vinyasa Flow - Animal Edition</u> 47 m	2 <u>Wrist Free Vinyasa fo Balance</u> 37 m	3 <u>Apartment-friendly Upper Body Interval Training</u> 18 m	4 <u>Too Hot To Function Vinyasa</u> 40 m	5 <u>Open Heart Open Mind Valentine's Day Yoga Flow</u> 30 m	6 <u>Squeeze Squeeze Squeeze the Core Vinyasa Flow</u> 37 m
7 <u>Resolution Day 21 Reach</u> 30 m	8 <u>St. Patrick's Day Yoga for Fun</u> 26 m	9 <u>Side Body Cinch Vinyasa Flow</u> 32 m	10 <u>At Home Power Vinyasa for Strong Legs</u> 34 m	11 <u>Love your Tired Legs Slow Flow</u> 28 m	12 <u>Apartment-friendly Full Body Intervals</u> 16 m	13 <u>Inner Child Vinyasa</u> 44 m
14 <u>Resolution Day 10 Ground</u> 31 m	15 <u>Flexibility Flow for Gym Goers</u> 40 m	16 <u>Wrist Free Sweaty Mess Power Flow</u> 33 m	17 <u>Slow Flow Yoga for Shoulders and Back</u> 35 m	18 <u>12 minute Cardio Quad Burnout</u> 18 m	19 <u>Power of the Side Plank Vinyasa Flow</u> 30 m	20 <u>Spring into Spring Power Flow</u> 40 m
21 <u>Resolution Day 26 Balance</u> 31 m	22 <u>Strong Like Bamboo Power Vinyasa</u> 27 m	23 <u>Slow Flow Vinyasa for Calm Strength</u> 43 m	24 <u>Core Power Punch</u> 26 m	25 <u>Testing the Balance Vinyasa Flow</u> 34 m	26 <u>After Work Power Yoga + CBD for Relaxation</u> 29 m	27 <u>Holiday Cardio Power Yoga</u> 38 m
28 <u>Resolution Day 30 Achieve</u>	29 <u>Root to Rise Yoga for Earth Day</u> 39 m	30 <u>Wrist Free Twisty Vinyasa</u> 32 m				