

Strong

June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Level 1-2 Yoga for Strength and Length</u> 35m	2 <u>Straight Core Interval Yoga Flow</u> 16m	3 <u>Espresso Shot Yoga for Legs</u> 25m	4 <u>Upper Body Strength Vinyasa Flow</u> 41m
5 <u>Creative Interval Infused Yoga Workout</u> 36m	6 <u>Corevember Espresso Shot Abs</u> 23m	7 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	8 <u>Interval Yoga to Stretch Toward your Dreams</u> 38m	9 <u>Power Yoga Flow for Strong Blood and Circulation</u> 32m	10 <u>Sweaty Mess Power Yoga</u> 58m	11 <u>Standing Vinyasa for Flexibility</u> 38m
12 <u>Embrace the Wobbles Interval Yoga</u> 40m	13 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m	14 <u>Yoga Fusion for the Upper Body.</u> NEW 38m	15 <u>Yoga for a Powerful Posterior</u> 39m	16 <u>Wake up and Roar Powerful Morning Yoga</u> 34m	17 <u>Twisting Coffee Cup Interval Infused Yoga</u> 36m	18 <u>Floor Yoga for Energy and Strength</u> 40m
19 <u>Double Espresso Shot Yoga for Obliques and Hips</u> 31m	20 <u>Quickie Abs and Arms Interval Yoga Flow</u> 15m	21 <u>Morning Interval Yoga for Strong Legs</u> 23m	22 <u>Strong like a Warrior Vinyasa</u> 43m	23 <u>Summer Full Body Power Flow</u> 36m	24 <u>Quick Core Power Yoga</u> 28m	25 <u>Power through it Intervals</u> 25m
26 <u>Power Yoga to Embrace who You Are</u> 50m	27 <u>Build a Booty Power Vinyasa</u> 30m	28 <u>Balancing Core Interval Yoga</u> NEW 41m	29 <u>Full Body Power Punch Yoga</u> 39m	30 <u>Hot Fire Flames Desert Interval Yoga</u> 24m		