

# Energize

June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <u>Side Booty Balance</u> <u>Power Vinyasa</u> 39m
2 <u>Interval Yoga for</u> <u>Rock Hard Abs</u> 39m	3 <u>Lean Legs Booty</u> <u>Builder Sweaty Mess</u> <u>Power Yoga</u> 54m	4 <u>HIIT Yoga for</u> <u>Upper Body and</u> <u>Cardio</u> NEW 30m	5 <u>Energy Rising</u> <u>Kundalini Fusion</u> <u>Flow</u> 44m	6 <u>Backbendy Flow</u> <u>for Pitta Balancing</u> 51m	7 <u>Core Connection</u> <u>Flow</u> 48m	8 <u>Vinyasa for Spinal</u> <u>Health and Open</u> <u>Shoulders</u> 45m
9 <u>Bikini Body</u> <u>Power Vinyasa</u> 28m	10 <u>Sayulita- Heating</u> <u>Strenght and Mobility</u> 27m	11 <u>Awaken the Core</u> <u>Vinyasa</u> 32m	12 <u>Creative Interval</u> <u>Infused Yoga</u> <u>Workout</u> 36m	13 <u>Dancers Vinyasa</u> <u>Fluid Flow</u> 34m	14 <u>Morning Full Body</u> <u>Awakening</u> 22m	15 <u>Journey to</u> <u>Chaturanga</u> <u>Vinyasa</u> 42m
16 <u>Burn Booty Burn</u> <u>Interval Yoga</u> <u>Flow</u> 37m	17 <u>Floor Yoga for</u> <u>Energy and Strength</u> 40m	18 <u>Peach Perfect</u> <u>Interval Yoga</u> NEW 42m	19 <u>Flowy Vinyasa</u> <u>for Flexibility</u> 33m	20 <u>Summer Lovin'</u> <u>Booty and Arms</u> <u>Interval Yoga</u> 42m	21 <u>Juicy Yoga for</u> <u>Balance and</u> <u>Release</u> 36m	22 <u>Intrinsic Joy-</u> <u>Core Power Vinyasa</u> 38m
23 <u>Slow Flow Summer</u> <u>Yoga for Flexibility</u> 40m	24 <u>Busy Day</u> <u>Heart Opening Flow</u> 25m	25 <u>Pitta Balancing</u> <u>Vinyasa</u> 39m	26 <u>Too Hot to</u> <u>Function Vinyasa</u> 39m	27 <u>Awaken the Glutes</u> <u>Power Flow</u> 47m	28 <u>Slow Flow Vinyasa</u> <u>for Calm Strentght</u> 43m	29 <u>Energizing Morning</u> <u>Yoga Flow</u> 25m
30 <u>Release Vinyasa</u> 47m						