

Fierce

June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Busy Day Flow for Mobility and Strength</u> 20m	2 <u>Fluid Intervals Power Yoga for Strength + Flexibility</u> 39m	3 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m
4 <u>Espresso Shot Yoga for Legs</u> 26m	5 <u>Core Power Vinyasa for Joy</u> 38m	6 <u>Slow Flow Vinyasa for Immune Support</u> NEW 45m	7 <u>Quickie Abs and Arms Interval Yoga</u> 15m	8 <u>Earth Strength Power Vinyasa</u> 33m	9 <u>Espresso Shot Yoga for Abs</u> 34m	10 <u>Creative Interval Infused Yoga Workout</u> 36m
11 <u>Side Body Strength Power Vinyasa</u> 33m	12 <u>Yoga Inspired HIIT</u> 16m	13 <u>Birthday Interval Yoga</u> 36m	14 <u>Shoulder and Core Strength Builder</u> 34m	15 <u>Warrior II Lower Body Interval Yoga</u> 37m	16 <u>Stress Eraser HIIT Yoga</u> 25m	17 <u>Upper Body Strength Vinyasa</u> 41m
18 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m	19 <u>Busy Day Morning Flow</u> 18m	20 <u>Twisty Core and Cardio Interval Yoga</u> NEW 40m	21 <u>Vinyasa for Posture and Balance</u> 35m	22 <u>Vinyasa for Strong Hammies</u> 44m	23 <u>Criss Cross Core Interval Yoga</u> 33m	24 <u>Desert Interval Yoga for Legs</u> 24m
25 <u>Double Espresso Shot Yoga for Obliques and Hips</u> 31m	26 <u>Lunch Break Power Yoga</u> 15m	27 <u>Straight Core Interval Yoga</u> 16m	28 <u>Strong like a Warrior Vinyasa</u> 43m	29 <u>HIIT Yoga to Boost the Metabolism</u> 34m	30 <u>Twisting Coffee Cup Interval Infused Yoga</u> 36m	