

Ground

November 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Morning Full Body</u> <u>Awakening</u> <u>Vinyasa Flow</u> 22m	2 <u>Empowered Goddess</u> <u>Vinyasa Flow</u> 44m	3 <u>Yin Yoga fo</u> <u>Stress Relief</u> 37 m	4 <u>Slow Flow Vinyasa</u> <u>for Calm Strength</u> 43 m	5 <u>Resolution</u> <u>Day 10</u> <u>Ground</u> 31 m	6 <u>Fit Friday on</u> <u>Instagram or</u> <u>Power Yoga for Strong</u> <u>Arms + a lean Physique</u> 28 m	7 <u>Testing the</u> <u>Balance Vinyasa</u> 35 m
8 <u>Core Power Vinyasa</u> <u>Mtn Climber Ed.</u> 36 m	9 <u>HIIT for</u> <u>New Beginnings</u> 21 m	10 <u>Floor Yoga for</u> <u>Energy and Strength</u> 40 m	11 <u>Yoga for</u> <u>Veterans</u> 53 m	12 <u>Resolution</u> <u>Day 16</u> <u>Crash</u> 25 m	13 <u>Fit Friday on</u> <u>Instagram or</u> <u>After Work Power</u> <u>Yoga + CBD</u> 30m	14 <u>Strong Like Bamboo</u> <u>Power Vinyasa</u> 27m
15 <u>Rainy Day Booty.</u> <u>Yoga Fusion Flow</u> 35 m	16 <u>Apt. Friendly.</u> <u>Full Body Intervals</u> 17m	17 <u>Go with the Flow</u> <u>Fluid Vinyasa</u> 28 m	18 <u>Generate Heat Bouncy.</u> <u>Power Vinyasa</u> 32m	19 <u>Resolution</u> <u>Day 18</u> <u>Build</u> 28 m	20 <u>Fit Friday on</u> <u>Instagram or</u> <u>Power Vinyasa for</u> <u>Strong Arms + Core</u> 43 m	21 <u>Power of the</u> <u>Side Plank</u> 30 m
22 <u>Core and Posture</u> <u>Slow Flow</u> 45 m	23 <u>No Wrist No Stress</u> <u>Power Flow</u> 37 m	24 <u>Heart Centered</u> <u>Yoga for Gratitude</u> <u>and Joy.</u> 41 m	25 <u>At Home Power</u> <u>Vinyasa for</u> <u>Strong Legs</u> 35 m	26 <u>Resolution</u> <u>Day 25</u> <u>Grateful</u> 31 m	27 <u>Fit Friday on</u> <u>Instagram or</u> <u>Hot Coffee in</u> <u>Winter Power Yoga</u> 30 m	28 <u>Shoulder Saver</u> <u>Anti-Hunch Vinyasa</u> 43 m
29 <u>Build a Booty.</u> <u>Power Vinyasa</u> 30 m	30 <u>Wrist Free</u> <u>Vinyasa for Balance</u> 37 m					