

Joy

October 2022

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|--|---|--|
| | | | | | | 1 <u>Vinyasa for Strong Hammies</u> 44m |
| 2 <u>Upper Body Strength Vinyasa Flow</u> 41m | 3 <u>Twisting Coffee Cup Interval Yoga</u> 36m | 4 <u>Busy Day Morning Flow</u> NEW 17m | 5 <u>Core Gratitude Progressive Vinyasa</u> 38m | 6 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m | 7 <u>Floor Yoga for Energy + Strength</u> 40m | 8 <u>Embrace the Wobbles Interval Yoga</u> 40m |
| 9 <u>HIIT yoga to Boost the Metabolism</u> 34m | 10 <u>Intrinsic Joy Core Power Vinyasa</u> 35m | 11 <u>Espresso Shot Yoga for Legs</u> 26m | 12 <u>Energizing Morning Yoga w/ Surya Bhedana</u> 25m | 13 <u>Wrist Free Twisty Vinyasa</u> 32m | 14 <u>Side Plank Prep Vinyasa Flow</u> 38m | 15 <u>Level 1-2 Yoga for Strength and Length</u> 35m |
| 16 <u>Interval Yoga to Stretch toward your Dreams</u> 38m | 17 <u>Flowy Busy Day Fluid Flow</u> 33m | 18 <u>Lunch Break Power Punch Yoga</u> NEW 15m | 19 <u>Yoga Fusion for the Upper Body</u> 38m | 20 <u>Yoga for a Powerful Posterior</u> 39m | 21 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m | 22 <u>Double Espresso Shot yoga for Obliques</u> 31m |
| 23 <u>Dancers Vinyasa Fluid Flow</u> 34m | 24 <u>Busy Day Heart Opening Flow</u> 25m | 25 <u>Wring out all your Worries Twisty Vinyasa</u> 36m | 26 <u>Creative Interval Yoga Workout</u> 36m | 27 <u>Go with the Flow Fluid Vinyasa</u> 28m | 28 <u>Quick Yoga Workout for the Upper Body</u> 30m | 29 <u>Balancing Core Interval Yoga</u> 41m |
| 30 <u>Side Plank Prep Vinyasa 2</u> 38m | 31 <u>Inner Child Vinyasa</u> 44m | | | | | |