

Replenish

September 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Abs of Steel</u> HIIT 20 m	2 <u>Wring out all your Worries</u> <u>Twisty Vinyasa</u> 36 m	3 <u>Resolution Day 27</u> <u>Release</u> 30 m	4 Fit Friday on Instagram or <u>Yoga for Work Life Balance</u> 37 m	5 <u>Bloom into your Best Self</u> <u>Vinyasa</u> 45 m
6 <u>Gratitude</u> <u>Power Yoga Flow</u> 44 m	7 <u>Stress Eraser</u> <u>HIIT Yoga</u> 25 m	8 <u>Slow Flow</u> <u>Summertime Yoga for Flexibility</u> 40 m	9 <u>At Home Power</u> <u>Vinyasa for Strong Legs</u> 35 m	10 <u>Resolution Day 25</u> <u>Grateful</u> 31 m	11 Fit Friday on Instagram or <u>Mardi Gras Calorie Burn-off Power yoga</u> 30 m	12 <u>Juicy Yoga for the Hips</u> 44 m
13 <u>Slow Flow</u> <u>Vinyasa for Calm Strength</u> 43 m	14 <u>Wrist-Free</u> <u>Vinyasa for Balance</u> 37 m	15 <u>Energizing Morning</u> <u>Yoga Flow with Surya Bedhana</u> 25 m	16 <u>St. Patrick's Day</u> <u>Yoga for Fun</u> 26 m	17 <u>Resolution Day 19</u> <u>Connect</u> 26 m	18 Fit Friday on Instagram or <u>Wrist-Free Yoga for Better Posture</u> 34 m	19 <u>Apt. Friendly</u> <u>Upper Body Intervals</u> 18 m
20 <u>Gentle Yoga for Strength and Stability</u> 37 m	21 <u>Morning Interval</u> <u>yoga for Strong Legs</u> 23 m	22 <u>Standing Vinyasa for Flexibility</u> 38 m	23 <u>Posture and Posterior Chain</u> <u>Sweaty Mess Workout</u> 28 m	24 <u>Resolution Day 13</u> <u>Peace</u> 14 m	25 Fit Friday on Instagram or <u>After Travel</u> <u>Take up Space</u> 30 m	26 <u>Fierce and Exuberant</u> <u>Leo the Lion Vinyasa</u> 45 m
27 <u>Strong like a Warrior</u> <u>Vinyasa Flow</u> 43 m	28 <u>Side Body Cinch</u> <u>Vinyasa Flow</u> 32 m	29 <u>Shoulder Saver</u> <u>Anti-Hunch</u> <u>Vinyasa yoga for Posture</u> 43 m	30 <u>Testing the Balance</u> <u>Vinyasa</u> 35 m			