

Enjoy

September 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	2 <u>Wrist Free Vinyasa for Balance</u> 37m	3 <u>Fit Friday on Instagram</u>	4 <u>Beginner Backbends Flow</u> 43m
5 <u>Standing Vinyasa for Flexibility</u> 38m	6 <u>Quickie Abs + Arms Interval Yoga</u> 15m	7 <u>Espresso Shot Yoga for Legs</u> NEW 26m	8 <u>Floor Yoga for Energy + Strength</u> 40m	9 <u>Buns + Guns Power Yoga</u> 35m	10 <u>Yoga inspired HIIT</u> 16m	11 <u>Strong like a Warrior Vinyasa</u> 43m
12 <u>Mardi Gras Calorie Burn off Power Yoga</u> 30m	13 <u>Interval Yoga to Stretch toward your Dreams</u> 38m	14 <u>Wrist Free Sweaty Mess Power Flow</u> 33m	15 <u>Slow Flow Summertime Yoga for Flexibility</u> 40m	16 <u>Side Body Cinch Vinyasa</u> 32m	17 <u>Fit Friday On Instagram</u>	18 <u>Vinyasa flow for Hikers</u> 49m
19 <u>Vinyasa flow to Tune into the 3rd Eye</u> 49m	20 <u>Embrace the Wobbles Interval Yoga</u> 40m	21 <u>Espresso Shot Yoga for Abs</u> NEW 34m	22 <u>Desert Interval Yoga for Legs</u> 24m	23 <u>Juicy Yoga for the Hips</u> 44m	24 <u>HIIT yoga to boost the Metabolism</u> 34m	25 <u>Wrist Free Twisty Vinyasa</u> 32m
26 <u>Power Yoga for the Sacral Chakra</u> 43m	27 <u>Wring out all your Worries - Twisty Vinyasa</u> 36m	28 <u>Too Hot to Function Power Vinyasa</u> 39m	29 <u>Power Yoga Flow for Strong Blood and Circulation</u> 33m	30 <u>Strong Like Bamboo Power Vinyasa</u> 27m		