

love → TO MOVE

2023
FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES:
			NEW 1 BLOCK TALK (35 MIN)	2 REST	3 BALL OF FIRE (31 MIN)	4 TWINKLE AND TWIST (34 MIN)	
5 REST	NEW 6 3 DIMENSIONS (40 MIN)	7 RELAX YOUR NERVOUS SYSTEM (30 MIN)	8 BLOCK BUSTER (33 MIN)	9 REST	10 OMG CORE (30 MIN)	11 GET WITH THE FLOW (35 MIN)	
12 REST	13 CROUCHING TIGER HIDDEN FIRE (40 MIN)	NEW 14 COMBAT STRESS (40 MIN)	15 BLOCK O'CLOCK (32 MIN)	16 REST	17 GRAB YOUR SEAT AT THE BARRE (30 MIN)	18 LOWER BODY CORE FLOW (36 MIN)	
19 REST	20 LET'S GET MOVING (41 MIN)	21 THORACIC BOMBASTIC (32 MIN)	NEW 22 CUTIE BOOTY (30 MIN)	23 REST	24 BallMazing (38 MIN)	25 DYNAMIC POWER FLOW (42 MIN)	
26 REST	27 OBLIQUE OBSESSION (35 MIN)	28 RESTORE AND GLOW (40 MIN)	1	2	3	4	
5	6	7	8	9	10	11	

