

MAY

2023

REST SUNDAY	YOGA MONDAY	STRENGTH TUESDAY	RESTORATIVE WEDNESDAY	REST THURSDAY	STRENGTH FRIDAY	MOBILITY SATURDAY
30	NEW 1 DANCER'S DELIGHT (40 MIN)	2 BOOTY BY BARRE (34 MIN)	3 FIND YOUR EDGE (33 MIN)	4 REST	5 PUSH AND PULL (28 MIN)	6 STRETCHY LEGS (33 MIN)
7 REST	8 SIMPLE & STRONG (36 MIN)	NEW 9 LOWER BODY BLAZE (32 MIN)	10 DOWN SHIFT (34 MIN)	11 REST	12 FLEXOLOGY (30 MIN)	13 STRETCHY SHOULDERS & BACK (32 MIN)
14 REST	15 OMAZING (38 MIN)	16 TORCH YOUR TUSH (30 MIN)	17 COZY, COMFY YOGA (30 MIN)	18 REST	NEW 19 LOCKED AND LOADED (27 MIN)	20 MOVEMENT IMPROVEMENT (31 MIN)
21 REST	22 RAISE YOUR VIBE (28 MIN)	NEW 23 MINI BALL MIGHTY BURN (28 MIN)	24 YOGA STRETCH (30 MIN)	25 REST	26 SMOLDERING SHOULDERS (33 MIN)	27 UPWARD MOBILITY (43 MIN)
28 REST	29 GIVE AND TAKE (35 MIN)	30 ROLL WITH IT (30 MIN)	31 YOGA RECOVERY (30 MIN)	1	2	3
4	5	6	7	8	9	10

Notes: