JUNE SUMMER VIBES CHALLENGE

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 REST	2 BALLMAZING (38 MIN)	3 NEW TWISTED MONKEY (42 MIN)
4 REST	5 BLOCK TALK (35 MIN)	6 ALL THE TIGHT SPACES (39 MIN)	7 NEW YEARN FOR THE BURN (38 MIN)	8 REST	9 SIZZLE AND CHISEL (29 MIN)	10 MOOD CHANGE YOGA (34 MIN)
11 REST	12 NEW LOCKED DOWN (35 MIN)	13 RELAX AND REJUVINATE (37 MIN)	14 INTERNAL INFERNO (30 MIN)	15 REST	16 OMG CORE (40 MIN)	17 GRATITUDE POWER FLOW (44 MIN)
18 REST	19 LEGTASTIC (39 MIN)	20 BE PRESENT (42 MIN)	21 SHAPE SHIFTER (31 MIN)	22 REST	23 NEW KILLER KEISTER (25 MIN)	24 TWINKLE AND TWIST (34 MIN)
25 REST	26 NEW PUMPED UP (21 MIN)	27 RELAX YOUR NERVOUS SYSTEM (30 MIN)	28 BANTASTIC BARRE (29 MIN)	29 REST	30 GRAB YOUR SEAT AT THE BARRE (30 MIN)	1
2	3	4	5	6	7	8

NOTES:

Beach Yoga Girl