






# Heatwave Hustle

## 2023 JULY CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES:
25	26	27	28	29	30	 1 SYNERGY ENERGY (48 MIN)	
2 REST	 3 BODY BY BLOCK (35 MIN)	4 YOGA FOR RUNNERS (30 MIN)	5 SCORPI-YO (35 MIN)	6 REST	7 BUN BURN (30 MIN)	8 POWER 45 (45 MIN)	
9 REST	10 LIVE PILATES REPLAY (30 MIN)	11 CLEAR, CALM & CENTERED (34 MIN)	12 FLEX & FLOW (40 MIN)	13 REST	 14 LAVA LEGS & ABS ABLAZE (40 MIN)	15 TWIST AND BEND (52 MIN)	
16 REST	17 ROCK THE BLOCK (40 MIN)	 18 MOON PHASES RESTORATIVE PRACTICE (33 MIN)	19 FUSION FITNESS W/WEIGHTS (34 MIN)	20 REST	21 BOOTYFUL BAND WORKOUT (29 MIN)	22 VINYASA FUSION FLOW (53 MIN)	
23 REST	24 LIVE MIXED FUSION REPLAY (40 MIN)	25 RESTORE AND GLOW (40 MIN)	 26 SHAPE ESCAPE (35 MIN)	27 REST	28 FULL BODY HOTTIE (28 MIN)	29 GRATITUDE POWER FLOW (44 MIN)	
30 REST	31 CORE AND RESTORE (32 MIN)	1	2	3	4	5	



Beach Yoga Girl