

SWEAT AND SHINE

AUGUST

2023



Beach Yoga Girl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	NEW 1 BIRTHDAY WORKOUT (40 MIN)	2 UPWARD MOBILITY (43 MIN)	3 REST	4 LEG PUMP (30 MIN)	5 REPLAY LIVE YOGA CLASS (44 MIN)
6 REST	7 RING THINGS (32 MIN)	8 TOUGH AND BUFF (39 MIN)	9 DOWN SHIFT (34 MIN)	10 REST	NEW 11 LEGENDARY LEGS (34 MIN)	12 DYNAMIC POWER FLOW (42 MIN)
13 REST	14 MAGIC MOVEMENT (30 MIN)	NEW 15 MIGHTY MUSCLES (35 MIN)	16 LOOSEN UP (30 MIN)	17 REST	18 LIGHT IT UP (30 MIN)	19 EMPOWERED PRACTICE (42 MIN)
20 REST	NEW 21 MAGIC MOVES (40 MIN)	22 LOCKED AND LOADED (30 MIN)	23 FIND YOUR EDGE (33 MIN)	24 REST	25 CUTIE BOOTY (30 MIN)	26 TWINKLE AND TWIST (34 MIN)
27 REST	28 RING O FIRE (30 MIN)	29 SPREAD YOUR WINGS (32 MIN)	30 YOGA FOR LATE IN THE DAY (45 MIN)	31 REST	1	2
3	4	5	6	7	8	9

NOTES: