



Beach Yoga Girl

# SEPTEMBER 2023

| SUN        | MON                                             | TUE                                           | WED                                      | THU        | FRI                                  | SAT                                            | NOTES |
|------------|-------------------------------------------------|-----------------------------------------------|------------------------------------------|------------|--------------------------------------|------------------------------------------------|-------|
|            |                                                 |                                               |                                          |            | 1<br>FLUID<br>FUSION<br>(39 MIN)     | 2<br>POWER<br>PLAY<br>(39 MIN)                 |       |
| 3<br>REST  | <i>NEW!</i> 4<br>TOTAL BODY<br>TONE<br>(42 MIN) | 5<br>COMBAT<br>STRESS<br>(42 MIN)             | 6<br>SMOLDERING<br>SHOULDERS<br>(33 MIN) | 7<br>REST  | 8<br>LETS GET<br>MOVING<br>(41 MIN)  | 9<br>TWISTED<br>MONKEY<br>(42 MIN)             |       |
| 10<br>REST | 11<br>FLEXOLOGY<br>(30 MIN)                     | 12<br>YOGA<br>RECOVERY<br>(30 MIN)            | 13<br>PUSH AND<br>PULL<br>(28 MIN)       | 14<br>REST | 15<br>BOW AND<br>ARROW<br>(37 MIN)   | <i>NEW!</i> 16<br>ATHLETIC<br>YOGA<br>(45 MIN) |       |
| 17<br>REST | 18<br>METABOLIC<br>CORE<br>CRUSHER<br>(40 MIN)  | <i>NEW!</i> 19<br>EASE IN<br>(27 MIN)         | 20<br>YEARN FOR<br>THE BURN<br>(30 MIN)  | 21<br>REST | 22<br>MOOD<br>MOVEMENT<br>(36 MIN)   | 23<br>POWERFUL<br>LEGS<br>(30 MIN)             |       |
| 24<br>REST | <i>NEW!</i> 25<br>TONE TRIO<br>(41 MIN)         | 26<br>YOGA FOR<br>SORE<br>MUSCLES<br>(29 MIN) | 27<br>CHISEL MY<br>BOD<br>(37 MIN)       | 28<br>REST | 29<br>FABULOUS<br>FUSION<br>(33 MIN) | 30<br>MADE OF<br>MUSCLE<br>(39 MIN)            |       |