

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Being</u> 30 minutes	2 <u>Golden</u> 30 minutes	3 <u>Move</u> 8 minutes	4 <u>Quick Core</u> 17 minutes	5 <u>Heat</u> 28 minutes	6 <u>Pastel</u> 33 minutes
7 <u>Stretch</u> 25 minutes	8 Rest all the minutes	9 <u>Sway</u> 9 minutes	10 <u>Sculpt: Booty</u> 13 minutes	11 <u>Sculpt: Full Body</u> 12 minutes	12 <u>Spark Joy</u> 22 minutes	13 <u>Glow</u> 37 minutes
14 <u>Eagle Flow</u> 35 minutes	15 <u>Feet+Ankles</u> 13 minutes	16 <u>Stir</u> 26 minutes	17 <u>Sculpt: Fuego</u> 31 minutes	18 <u>Neck+Shoulders</u> 11 minutes	19 <u>Slinky+Strong</u> 33 minutes	20 <u>Classic Vinyasa</u> 41 minutes
21 <u>LIVE CLASS</u>  11am CDT	22 <u>Nourish</u> 12 minutes	23 <u>Moon Flow</u> 🌕 34 minutes	24 Rest all the minutes	25 <u>Open</u> 19 minutes	26 <u>Fem Flow</u> 28 minutes	27 <u>Hips+Heart</u> 58 minutes
28 <u>Homeward</u> 38 minutes	29 <u>Reset</u> 13 minutes	30 <u>Champagne</u> 33 minutes				