

AUGUST

2022



station

Mon Tues Wed Thu Fri Sat Sun

1		3 20.00 Flex Yoga				
8 20.00 Flow Yoga		10 20.00 Flex Yoga				
15 20.00 Flow Yoga		17 20.00 Flex Yoga				
22 20.00 Flow Yoga		24 20.00 Flex Yoga				
29 20.00 Flow Yoga		31 20.00 Flex Yoga				Bonus videos: Mindfulness Fitness Pilates

My Goals

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Notes
