

YOGA FLOWETRY

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FEEL GOOD YOGA FLOW 1 30 Minutes	FAT BURNING BEGINNER WORKOUTS: BEGINNER EASY YOGA FLOW 20 Minutes	CORE STRENGTH + STRETCH 45 Minutes	PREMIUM PILATES – YOGA FUSION 2 35 Minutes	MINDFUL YOGA 30 Minutes	SPEED WALKING WORKOUT 1 20 Minutes	ADOR
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
FEEL GOOD YOGA 2 30 Minutes	BOOSTED FITNESS WALK 35 Minutes	YOGA SCULPT PREMIUM 1 45 Minutes	ADOR	LIFT – PILATES YOGA FUSION 35 Minutes	BOOSTED FITNESS WALK 2 45 Minutes	PREMIUM PILATES 1 35 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
STRESS RELIEF YOGA 40 Minutes	ADOR	20 MINUTE YOGA FLOW 20 Minutes	YOGA SCULPT PREMIUM 2 30 Minutes	ADOR	FAT BURNING BEGINNER WORKOUTS: STANDING CORE 20 Minutes	POWER FLOW YOGA 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
ADOR	4,000 STEP WALKING WORKOUT 30 Minutes	YOGA SCULPT PREMIUM 3 30 Minutes	PREMIUM PILATES 2 35 Minutes	MORNING YOGA STRETCH 20 Minutes	ADOR	HIP SHOULDER SPINE MOBILITY WORKOUT 20 Minutes