

DAY 1 BOOTY BURN	DAY 2 QUAD PARTY	DAY 3 ISO CORE	DAY 4 CLASSICAL PILATES	DAY 5 TUMS, BUMS, SPINE & HAMMIES	DAY 6 MELLOW FLOW	DAY 7 RESTORATIVE SLEEP
DAY 8 YC15: LOWER BODY	DAY 9 BARRE BLITZ: LOWER BODY	DAY 10 GETTING TO THE CORE	DAY 11 NECK, BACK & ABS	DAY 12 DEEP WORK	DAY 13 FEEL GOOD FLOW	DAY 14 STARLIGHT MEDITATION
DAY 15 BARRE HIIT	DAY 16 LEG WORK	DAY 17 BALANCED IN SPACE	DAY 18 BARRE BLITZ: UPPER BODY	DAY 19 DEEP STRETCH & RELEASE	DAY 20 MOVE WITH INTENTION	DAY 21 MEDITATE ON THE BREATH
DAY 22 STRENGTHEN & TONE 3.1	DAY 23 HIP RELEASE	DAY 24 FIRE UP THE CORE PILATES	DAY 25 YC: UPPER BODY FOCUS	DAY 26 MEDICINE MOVEMENT	DAY 27 TOP TO TOE MOBILITY	DAY 28 LOVING KINDNESS MEDITATION
DAY 29 YC: LOWER BODY FOCUS	DAY 30 GET UP & GET MOVING					

