

# Be Healthy Enough Monthly Workout Calendar

Theme: Challenge Yourself!

June 2021

Click on the day and it will take your right to the video or category

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <a href="#">Total Body Challenge Workout #1</a>	2 <a href="#">Practical Pilates</a>	3 <a href="#">Relax and Restore YOU PICK</a>	4 <a href="#">Total Body Challenge Workout #1</a>	5 <a href="#">Build a Strong Foundation You Pick</a>
6 REST	7 <a href="#">Total Body Challenge Workout #2</a>	8 <a href="#">Full Body Foam Rolling</a>	9 <a href="#">ABSolutely Pilates</a>	10 <a href="#">Relax and Restore YOU PICK</a>	11 <a href="#">Total Body Challenge Workout #2</a>	12 <a href="#">Build a Strong Foundation You Pick</a>
13 REST	14 <a href="#">Total Body Challenge Workout #3</a>	15 <a href="#">Full Body Foam Rolling</a>	16 <a href="#">Pilates All Levels</a>	17 <a href="#">Relax and Restore YOU PICK</a>	18 <a href="#">Total Body Challenge Workout #3</a>	19 <a href="#">Build a Strong Foundation You Pick</a>
20 SUMMER SOLSTICE 2021 WORKOUT Link will come later	21 <a href="#">Total Body Challenge Workout #4</a>	22 <a href="#">Full Body Foam Rolling</a>	23 <a href="#">Intermediate Pilates to Strengthen the Core</a>	24 <a href="#">Relax and Restore YOU PICK</a>	25 <a href="#">Total Body Challenge Workout #4</a>	26 <a href="#">Build a Strong Foundation You Pick</a>
27 REST	28 <a href="#">Total Body Challenge Workout - You Pick</a>	29 <a href="#">Full Body Foam Rolling</a>	30 <a href="#">30 Minute Pilates Challenge</a>			
						