

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Our Bodies</u> <u>Temple of God</u> 38:55	<u>Kickboxing</u> <u>Intervals 3</u> 29:18	<u>Res Bands</u> <u>On the Beach</u> 28:28	<u>Kickboxing</u> <u>Combo Intervals</u> 31:06	<u>Strength for</u> <u>the Seasons</u> 47:35	<u>Full Body</u> <u>Stretch</u> 27:24	<u>Rest!</u>