NOVEMBER

Fitness FOR THE Field

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						Rest! 1
Jackson's Strength 36:06 2	Just 10 19:09 3	Barre Circuits 3 46:36 4	Rest! 5	Quick Legs 22:13 Arms 2 11:28 6	Vision Mash Up 33:34 7	Rest! 8
Basic Strength 37:40 9	Kickboxing Intervals 4 31:56 10	Metabolic Bench 41:45 11	Rest! 12	Res Bands Discipline 40:04 13	Stretch Strength-Core 1 23:30 14	Rest! 15
HIIT 2 33:25 16	Featured Thankful Strength 36:32 17	Ladder 2 25:49 18	Rest! 19	Bodyweight Intervals 25:12 20	Barre 1 44:25 21	Rest! 22
Metabolic Combos 25:40 23	Res Bands Full Body Strength 32:34 24	Featured Res Bands On the Beach 2 28:28 25	Rest! or Fun Run/ Turkey Trot! 26	Our Bodies Temple of God 38:55 27	Stretch Strength-Core 2 23:06 28	Rest! 29
HIIT 4 27:13 30						