

# ENGAGE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b><u>Move in Joy</u> <u>Mash Up</u> 34:53</b>	Rest!	<b><u>Cardio-Bodyweight</u> <u>Intervals</u> 31:07</b>	Rest!	<b><u>Romans 3:23</u> <u>Strength</u> 32:01</b>	<b><u>3-2-1 Strength</u> <u>Cardio &amp; Core</u> 29:45</b>	Rest!
<b><u>Barre 2</u> 27:52</b>	Rest!	<b><u>Kickboxing</u> <u>Combo Intervals</u> 31:06</b>	Rest!	<b><u>Still My Fav 15</u> 27:29</b>	<b><u>Strengthen</u> <u>Your Faith</u> 26:36</b>	Rest!
<b><u>Stretch &amp;</u> <u>Strengthen</u> 26:36</b>	Rest!	<b><u>Favorite</u> <u>Metabolic</u> 32:18</b>	Rest!	<b><u>Res Bands</u> <u>Discipline</u> 40:04</b>	<b><u>Vision</u> <u>Mash Up</u> 33:34</b>	Rest!

