

CHOREOGRAPHY



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Move in Joy_</u> <u>Mash Up</u> 34:53	<u>Short</u> <u>Cardio</u>	<u>Sunrise</u> <u>Stretch</u> 14:07	Rest!	<u>Mash Up_1</u> 49:40	<u>Psalms 90</u> 6:02	Rest!
<u>Kickboxing</u> <u>Choreography_1</u> 30:20	<u>Short</u> <u>Weights</u>	<u>Mini</u> <u>Mash Up</u> 29:43	Rest!	<u>Barre 1</u> 44:25	<u>Waymaker</u> 8:38	Rest!
<u>Barre 2</u> 27:52	<u>Short</u> <u>Resistance</u> <u>Bands</u>	<u>Dusty_</u> <u>Road</u> 10:52	Rest!	<u>Mash Up_2</u> 40:25	<u>King of Kings</u> 8:28	Rest!
<u>Vision</u> <u>Mash Up</u> 33:34	<u>Short</u> <u>Arm & Leg</u> <u>Burner</u>	<u>Brandy Favs</u> <u>Mash Up</u> 32:11	Rest!	<u>Mash Up_3</u> 41:05	<u>The Blessing</u> 10:22	Rest!