

SEPTEMBER



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Stretch</u> <u>Strength-Core 2</u> 23:06 31	<u>Circuits</u> 49:28 1	<u>Our Bodies</u> <u>Temple of God</u> 38:55 2	Rest! 3	<u>Favorite</u> <u>Strength</u> 40:00 4	<u>Kickboxing</u> <u>Intervals 3</u> 29:18 5	Rest! 6
<u>Metabolic</u> <u>Bench</u> 41:45 7	<u>3-2-1 Strength</u> <u>Cardio & Core</u> 29:45 8	<u>Hip Goodness</u> 36:52 9	Rest! 10	<u>Barre 2</u> 27:52 11	<u>Sam's Soccer</u> <u>Circuits</u> 38:41 12	Rest! 13
<u>HIIT 5</u> 33:25 14	<u>Glutes</u> <u>on the Mat</u> 39:23 15 Cool Down	<u>Ladder 2</u> 25:49 16	Rest! 17	<u>Still My Fav 15</u> 27:29 18	<u>Full Body</u> <u>Stretch</u> 27:24 19	Rest! 20
<u>Favorite</u> <u>Metabolic</u> 32:18 21	<u>Active Recovery</u> <u>Fav Arms</u> 12:21 22	<u>Bands</u> <u>Bench Booty</u> 50:15 23	Rest! 24	<u>Gray's</u> <u>AMRAP</u> 14:28 25	<u>Kickboxing</u> <u>Combo Intervals</u> 31:06 26	Rest! 27
<u>HIIT 4</u> 27:13 28	<u>Quick</u> <u>Tabata 3</u> 24:43 29	<u>Jack's</u> <u>AMRAP</u> 27:20 30				