

STARTER/ RESTARTER



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Start/Restart 15</u> 28:40	<u>10 Min Strength</u> 16:13	Rest!	<u>Just 10</u> 19:09	Rest!	<u>Kickboxing Chair</u> 30:42	Rest!
<u>Vision Mash Up</u> 33:34	<u>Basic Strength</u> 37:40	Rest!	<u>Barre Circuits 1</u> 33:21	Rest!	<u>Stretch Strength-Core 1</u> 23:30	Rest!
<u>Chair Full Body</u> 35:51	<u>Our Bodies Temple of God</u> 38:55	Rest!	<u>Strength 1</u> 31:42	Rest!	<u>Kickboxing Intervals 4</u> 31:56	Rest!
<u>Cardio Dynamic Stretching</u> 41:37	<u>The Blessing</u> 10:22	Rest!	<u>Res Bands Full Body Strength</u> 32:34	Rest!	<u>Stretch Strength-Core 2</u> 23:06	Rest!