

November 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 Emotional health

1
Nutrition
♥ Healthy Recipe
🕒 26 min

2
Cardio ★
♥ Cardio, Dance
🕒 30 min

3
Women's Health ★
♥ Educational
🕒 9 min


4
Strength
♥ Strength
🕒 24 min

5
Mindfulness
♥ Stress Management
🕒 2 min

6
Meditation ★
♥ Mental Health
🕒 9 min

7
Yoga ★
♥ Yoga
🕒 60 min

8
Nutrition
♥ Healthy Recipe
🕒 15 min

9
 User Event
12 PM EST


10
Physical Therapy
♥ Chronic Pain
🕒 5 min

11
Strength
♥ Cardio, Strength
🕒 33 min

12
Financial Wellbeing ★
♥ Educational
🕒 4 min

13
Meditation
♥ Mindfulness
🕒 7 min

14
Yoga ★
♥ Yoga Sculpt
🕒 30 min

15
 User Event
12 PM EST

16
Cardio
♥ Cardio, Dance
🕒 15 min

17
Arthritis
♥ Physical Therapy
🕒 2 min

18
Strength
♥ Educational
🕒 7 min

19
Financial Wellbeing
♥ Educational
🕒 7 min

20
Meditation
♥ Mindfulness
🕒 14 min

21
Yoga ★
♥ Chair Yoga
🕒 8 min

22
Nutrition
♥ Healthy Recipe
🕒 2 min

23
Cardio
♥ Cardio
🕒 41 min

24
Diabetes
♥ Educational
🕒 6 min


25
Strength ★
♥ Arms, Abs, Dance
🕒 23 min

26
Breathing
♥ Stress Management
🕒 8 min

27
Meditation
♥ Stretch & Restore
🕒 16 min

28
Pilates ★
♥ Glutes
🕒 11 min

29
Nutrition
♥ Healthy Recipe
🕒 11 min

30
 User Event
12 PM EST

1
Chronic Pain
♥ Educational
🕒 13 min

2
Strength ★
♥ Arms, Abs
🕒 57 min

★ **November playlist**
This month, we've curated a playlist with daily classes to help you work towards your health goals. Jump in at any time!
[VIEW THE PLAYLIST](#)

♥ **Monthly Challenge**
Engage in a meditation/reflection program that primes your mindset for the upcoming holidays and the fresh start of the new year.