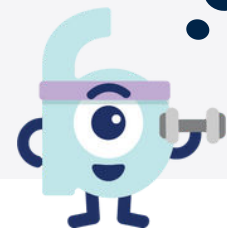


June

06/2024

burnalong®


Fitness for
all



June playlist

Join us for summer fitness activities, on the go workouts for vacations, nutrition tips, fun new hobbies, and more!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <u>Strength</u> ♥ Strength 🕒 5 min	2 <u>Lifestyle</u> ♥ Hobbies & Craft 🕒 18 min
3 <u>Mindfulness</u> ♥ Meditation 🕒 14 min	4 <u>Stretch</u> ♥ Stretch & restore 🕒 16 min	5 <u>Nutrition</u> ♥ Healthy eating 🕒 8 min	6  <u>User Event</u> 12:00pm	7 <u>Educational</u> ♥ LGBTQIA 🕒 12 min	8 <u>Strength</u> ♥ Educational 🕒 60 min	9 <u>Lifestyle</u> ♥ Comedy 🕒 13 min
10 <u>Mindfulness</u> ♥ Meditation 🕒 15 min	11 <u>Yoga</u> ♥ Mindfulness 🕒 17 min	12  <u>User Event</u> 12:00pm	13 <u>Cardio</u> ♥ Dance 🕒 42 min	14 <u>Educational</u> ♥ Brain health 🕒 12 min	15 <u>Strength</u> ♥ Bodyweight 🕒 15 min	16 <u>Lifestyle</u> ♥ Nutrition 🕒 17 min
★ 17 <u>Mindfulness</u> ♥ Meditation 🕒 12 min	18 <u>Yoga</u> ♥ Yoga 🕒 11 min	19 <u>Nutrition</u> ♥ Healthy eating 🕒 7 min	20 <u>Cardio</u> ♥ Tabata 🕒 16 min	21 <u>Educational</u> ♥ Men's health 🕒 8 min	★ 22 <u>Strength</u> ♥ Pilates 🕒 39 min	23 <u>Lifestyle</u> ♥ Dance 🕒 8 min
24 <u>Mindfulness</u> ♥ Meditation 🕒 18 min	★ 25 <u>Yoga</u> ♥ Stretch & restore 🕒 48 min	26 <u>Nutrition</u> ♥ Educational 🕒 6 min	27  <u>User Event</u> 6:30PM	28 <u>Educational</u> ♥ Skincare 🕒 12 min	★ 29 <u>Strength</u> ♥ Low impact 🕒 44 min	30 <u>Lifestyle</u> ♥ Bird watching 🕒 12 min

★ Featured Partner