

Back to Basics

MON	TUES	WED	THUR	FRI	SAT	SUN
 <u>Mindfulness</u>  Meditation  12 min	 <u>Yoga</u>  Yoga  58 min	 <u>Nutrition</u>  Healthy eating  10 min	 <u>Cardio</u>  Dance  60 min	 <u>Clinical</u>  Life coaching  8 min	 <u>Strength</u>  Lower body  32 min	 <u>Barre</u>  Bodyweight  34 min
 <u>Mindfulness</u>  Meditation  11 min	 <u>Yoga</u>  Stretch  7 min	 <u>Nutrition</u>  Educational  24 min	 <u>Cardio</u>  Interval training  32 min	 <u>Clinical</u>  Physical Therapy  5 min	 <u>Strength</u>  Bodyweight  6 min	 <u>Pilates</u>  Abs  36 min
 <u>Mindfulness</u>  Life coaching  3 min	 <u>Yoga</u>  Yoga  19 min	 <u>Nutrition</u>  Educational  16 min	 <u>Cardio</u>  Cardio  22 min	 <u>Clinical</u>  Physical Therapy  13 min	 <u>Strength</u>  Abs  3 min	 <u>Barre</u>  Barre  40 min
 <u>Mindfulness</u>  Life coaching  7 min	 <u>Yoga</u>  Mindfulness  7 min	 <u>Nutrition</u>  Educational  10 min	 <u>Cardio</u>  Kickboxing  56 min	 <u>Clinical</u>  Mental health  6 min	 <u>Strength</u>  Glutes  33 min	 <u>Barre</u>  Barre  66 min
 <u>Mindfulness</u>  Meditation  34 min	 <u>Yoga</u>  Yoga  36 min	 <u>Nutrition</u>  Educational  5 min	 <u>Cardio</u>  Fit over 50  46 min	 <u>Clinical</u>  Diabetes  8 min	 <u>Strength</u>  Spanish  25 min	 <u>Barre</u>  Barre  35 min

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