

# Spring Training

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<u>Yoga Checkpoint</u>	<u>Catch All</u>	Take the Newest Class Inside BYs	<u>Strong &amp; Smart Flow</u>	<u>Quick Workout Recovery</u>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<u>Good Vibes Only</u>	<u>Intentional Sun Salutations</u>	<u>Mental Reset</u>	<u>The Power Within</u>	Take The Newest Class Inside BYs
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<u>Tight Hip Flexor Fix</u>	<u>Wind Down</u>	<u>Yoga Practice Check Up</u>	<u>Easy Like Sunday Morning</u>	<u>Morning Sunshine</u>
DAY 16	DAY 17	DAY 18	DAY 19	
<u>Quick Weighted Core Circuit</u>	Take the Newest Class inside BYs	<u>Full Body Mobility</u>	<u>Yoga Checkpoint</u>	

