30 DAY CHALLENGE

JANUARY 4, 2021 — FEBRUARY 2, 2021

1	RISE & SWEAT	3	4	INVITE A FRIEND!
6	7	CHALLENGE YOURSELF	9	10
11	12	13	14	UNWIND WITH EVENING FLOW
16	17	RESET WITH FLOW+ MEDITATE	19	20
BARRE OR FLOW IN THE SIX	22	23	24	25

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LIVE STREAM & YOGA-ON-DEMAND