

# 30-DAY CALENDAR

Make yoga a part of your every day with some of Beachbody's favorites.



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK <b>1</b>	<b>Radiate and Shine</b> Instructor: Faith 30 min.	<b>Core Strength</b> Instructor: Vytas 31 min.	<b>Daily Yoga Routine</b> Instructor: Tony 23 min.	<b>Muscle Recovery</b> Instructor: Ted 29 min.	<b>Yoga Flex</b> Instructor: Tony 10 min.	<b>Yoga Fix Extreme</b> Instructor: Autumn 30 min.	Rest 
WEEK <b>2</b>	<b>Full Body Flow</b> Instructor: Faith 20 min.	<b>Get Centered</b> Instructor: Elise 30 min.	<b>Patience Hummingbird</b> Instructor: Tony 37 min.	<b>Dynamic Yoga Flow</b> Instructor: Chalene 40 min.	<b>Yoga Abs</b> Instructor: Vytas 10 min.	<b>Tonyoga</b> Instructor: Tony 52 min.	Rest 
WEEK <b>3</b>	<b>Cardio Burn/ Post-Cardio Stretch</b> Instructors: Elise/Ted 10/12 (22 min.)	<b>Fountain of Youth</b> Instructor: Tony 48 min.	<b>Yoga for Low Back Pain/ Release the Tension</b> Instructors: Vytas/Faith 11/10 (21 min.)	<b>Ho'Ala ke Kino</b> Instructor: Tony 27 min.	<b>Pure &amp; Simple Yoga</b> Instructors: Gillian & Teigh 30 min.	<b>Stretch &amp; Recovery</b> Instructor: Tony 70 min.	Rest 
WEEK <b>4</b>	<b>X3 Yoga</b> Instructor: Tony 30 min.	<b>Yoga Core</b> Instructors: Gillian & Teigh 29 min.	<b>Yin Yoga</b> Instructor: Ted 30 min.	<b>Get Well-Rounded</b> Instructor: Elise 33 min.	<b>Pre-Workout Core Ignition/ Post-Workout Cooldown Stretch</b> Instructor: Ted 10/10 (20min.)	<b>Sweat and Detox</b> Instructor: Vytas 45 min.	Rest 