

# bloom CREW

## ONLINE CHALLENGE: DAILY CALENDAR

*Aim to complete at least 5 sessions per week! Join our free community facebook group for accountability and support. Visit [BloomYogaFitness.com/challenge](https://www.bloomyogafitness.com/challenge) for the link to the group. Be sure to fill out the official Challenge Registration Form (linked in the Facebook group) and complete the weekly Facebook check in posts for your chance to win a FREE month of Bloom Online!*

**Monday, March 22:** Stretch + Flow Yoga

**Tuesday, March 23:** Gentle Yoga for Hips

**Wednesday, March 24:** Yoga Sculpt with Weights

**Thursday, March 25:** Rise + Shine Multi Level Flow

**Friday, March 26:** Power Yoga for Lower Body Strength

**Saturday, March 27:** Full Body VinyasaFit

**Sunday, March 28:** Soothing Self Care Gentle Flow

**Monday, March 29:** Balance + Flow Yoga

**Tuesday, March 30:** 15 Minute Recharge Yoga

**Wednesday, March 31:** Vin + Yin Yoga

**Thursday, April 1:** VinyasaFit: Strength + Cardio

**Friday, April 2:** Slow Flow + Guided Relaxation

**Saturday, April 3:** Power Yoga for Strength

**Sunday, April 4:** Yin Yoga