

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, June 14: Yoga to Relieve Workplace Tension with Bethany

Tuesday, June 15: Barre Express + Cardio with Morgan

Wednesday, June 16 Detoxifying Gentle Flow with Morgan

Thursday, June 17: VinyasaFit: Strength + Cardio with Bethany

Friday, June 18: Restorative Yoga with Bethany

Saturday, June 19: Yin & Yang Yoga Flow with Morgan

Sunday, June 20: Total Body Conditioning with Bethany

Monday, June 21: Quick Stretch & Flow with Morgan

Tuesday, June 22: Fun with Suns with Bethany

Wednesday, June 23: Total Body Tone with Morgan

Thursday, June 24: Gentle Yoga for Hips with Bethany

Friday, June 25: Express Yoga Sculpt with Morgan

Saturday, June 26: Root Chakra Yoga Flow with Bethany

Sunday, June 27: Glutes & Abs with Morgan