

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, August 30: Gentle Flow for Body Mind Balance with Morgan

Tuesday, August 31: Barre Express with Morgan

Wednesday, September 1: Multi Level Flow for Hip Mobility with Bethany

Thursday, September 2: Jaw, Neck, & Shoulder Stretch with Bethany

Friday, September 3: Mood Boosting PowerFlow with Morgan

Saturday, September 4: Yin + Yin Yoga with Bethany

Sunday, September 5: Easy like Sunday Morning Gentle Flow with Morgan

Monday, September 6: Upper and Lower Body with Bethany

Tuesday, September 7: 15 Minute Recharge Yoga with Morgan

Wednesday, September 8: VinyasaFit - Strength + Conditioning with Morgan

Thursday, September 9: Gentle + Restorative with Julie

Friday, September 10: Multi Level Flow for Energy with Morgan

Saturday, September 11: Yoga Sculpt with Weights with Bethany

Sunday, September 12: Quick Yin with Bethany