



BETTER THAN THE GYM YOGA HIIT FUSION WORKOUT CHALLENGE



10 Days Of Yoga Workout HIIT Fusion Classes & More
To Get Your Body And Mind Feeling Amazing

DAY 1



10 Minute Yoga HIIT Fusion Blast

Followed by
Full Body Workout Yoga Flow

DAY 2



Yoga Workout Full Body HIIT Fusion

Followed by
5 Min Arm Workout For Toning

DAY 3



10 Minute Yoga HIIT Fusion Blast

Followed by
10 Min Ultimate Pilates Workout

DAY 4



Yoga Workout Full Body HIIT Fusion

Followed by
Full Body Yoga Workout To Feel Alive

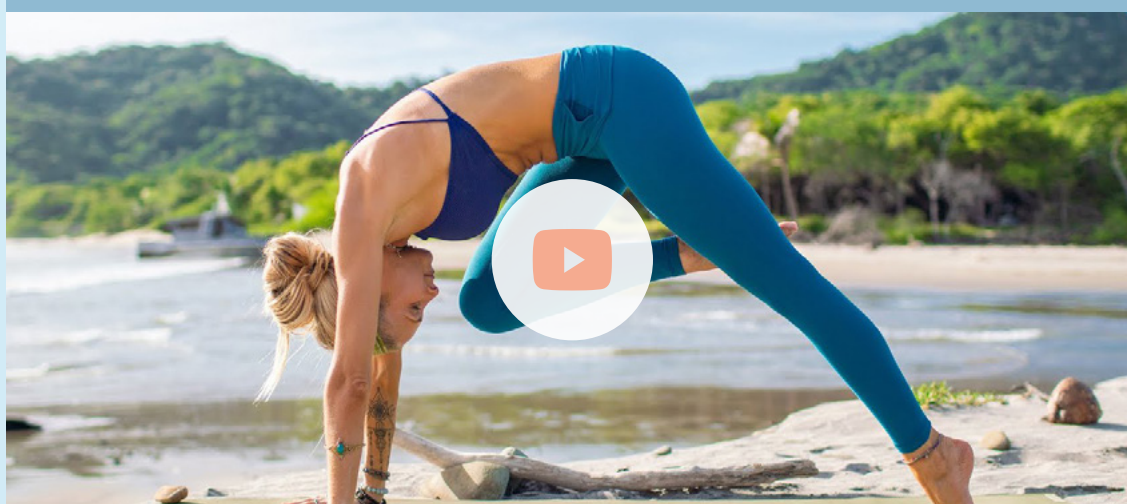
DAY 5



10 Minute Yoga HIIT Fusion Blast

Followed by
Blissful Yoga Flow

DAY 6



Yoga Workout Full Body HIIT Fusion

Followed by
Pilates Workout Blast

DAY 7



10 Minute Yoga HIIT Fusion Blast

Followed by
10 Min Total Core Workout

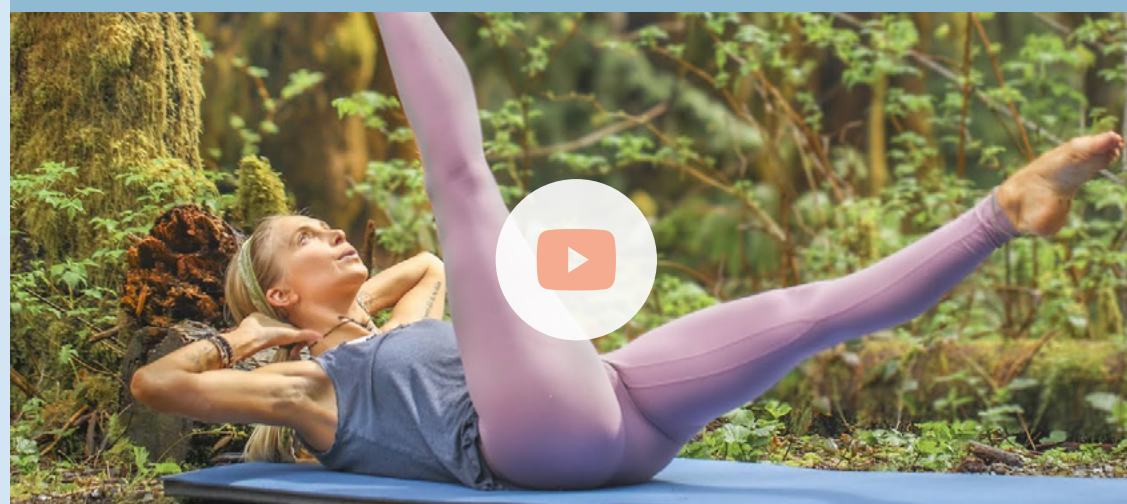
DAY 8



Yoga Workout Full Body HIIT Fusion

Followed by
Yoga Workout Flow

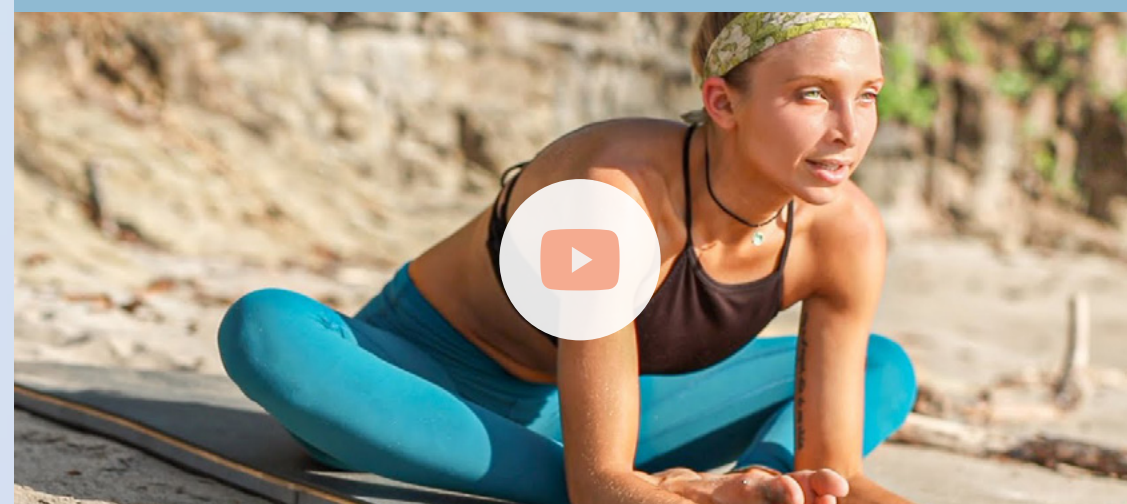
DAY 9



10 Minute Yoga HIIT Fusion Blast

Followed by
10 Min Pilates Core & Lower Body

DAY 10



Yoga Workout Full Body HIIT Fusion

Followed by
Breathtaking Yin Yoga Class

Go deeper with our New Generation Fitness Program: **Boho Beautiful Transform**

