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|  |  | Weekly Fitness ScheduleWeek of Jan 16, 2023 |
|  | Morning | Evening |
|  | 6am- Strength (Lower Body)7am- Sunrise Yoga 10am- Weekly Goal Planning | 5:30pm- Strength (Lower Body)6pm- Weekly Goal Planning8pm- Evening Yoga |
|  | 6am- Strength (Core)7am- Sunrise Yoga 10am- Healthy Eating Class | 5:30pm- Strength (Core)6pm- Healthy Eating Class8pm- Evening Yoga |
|  | 6am- Strength (Upper Body)7am- Sunrise Yoga 10am- Snack Prep | 5:30pm- Strength (Upper Body)6pm- Snack Prep8pm- Evening Yoga |
|  | 6am- Strength (Recovery)7am- Sunrise Yoga  | 5:30pm- Strength (Recovery)8pm- Evening Yoga |
|  | 6am- Strength (Lower Body)7am- Sunrise Yoga 10am- Weekend Fun | 5:30pm- Strength (Lower Body)6pm- Weekend Fun8pm- Evening Yoga |
|  | 6am- Strength (Core/Upper Body)7am- Sunrise Yoga 10am- Outdoor Hike (2 Hours) | 5:30pm- Strength (Core/Upper Body)6pm- Dance Class (Hip-Hop)8pm- Evening Yoga |
|  | 6am- Strength (Cardio Detox)7am- Sunrise Yoga 10am- Weekly Goal Planning | 5:30pm- Strength (Cardio Detox)6pm- Weekly Goal Planning8pm- Evening Yoga |