




TRANSITION TO FLEXIA

7-DAY CHALLENGE


DAY 1


 7 mins
How to Find a Class


 15 mins
Find Your Fit

 31 mins
Centering Flow


DAY 2


 7 mins
In Class Metrics


 39 mins
Dynamic Strength

 14 mins
Movement Caffeine


DAY 3


 7 mins
After Class Report Card

 41 mins
Intermediate Flow


 12 mins
Prep to Play


DAY 4

 32 mins
Body Pulse


 12 mins
Total Arms


DAY 5

 33 mins
The Glow Up


 22 mins
Everyday Mob & Str


DAY 6

 30 mins
Let's Connect

 18 mins
Focus Flow

DAY 7

 39 mins
Give me the Barre

 10 mins
Shining Heart