

# Weekly Workout Plan (October 19 - 25)

	Workout Type	At-Home Offerings		Les Mills on Demand (LMOD)
<b>Monday</b>	<b>Mind/Body</b>	<a href="#">Lululemon: Yoga for Beginners (60 minutes)</a>	<a href="#">Do Yoga With Me: Core Strength and Stretch (55 minutes)</a>	Yoga #02 Vinyasa (45 minutes)
<b>Tuesday</b>	<b>Strength</b>	<a href="#">FitnessBlender: Standing Ab Workout (35 minutes)</a>	<a href="#">FitnessBlender: Total Body Strength and Toning Workout (40 minutes)</a>	BODYPUMP 109 Upper Body + CXWORX 30 (15- and 30-minute options)
<b>Wednesday</b>	<b>Cardio</b>	<a href="#">HASFit: Beginner Cardio Workout (25 minutes)</a>	<a href="#">Heather Robertson: Intense full body HIIT (30 minutes)</a>	BODYATTACK 103 (30-, 45-, and 55-minute options)
<b>Thursday</b>	<b>Mind/Body</b>	<a href="#">Yoga with Adriene: Respect and Replenish (40 minutes)</a>	<a href="#">Yoga with Tim: Total Body Power Yoga (45 minutes)</a>	BODYFLOW 80 (30-, 45-, or 55-minute options)
<b>Friday</b>	<b>Strength</b>	<a href="#">FitnessBlender: Total Body Strength Workout for People who get Bored Easily (35 minutes)</a>	<a href="#">HASFit: Butt and Legs Workout with Dumbbells (45 minutes)</a>	BODYPUMP 109 Lower Body Short + CXWORX 31 (15- and 30-minute options)
<b>Saturday</b>	<b>Cardio</b>	<a href="#">Heather Robertson: Low Impact Cardio + Abs workout (25 minutes)</a>	<a href="#">HASFit: Cardio workout for people who get bored easily (30 minutes)</a>	BODYSTEP 116 (45- and 55-minute versions)
<b>Sunday</b>	<b>Rest and Recovery</b>			