

# Weekly Workout Plan (October 26 – November 2)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
<b>Monday</b>	<b>Cardio</b>	<a href="#">Healthy Fit with Ty: Full Body Workout (45 minutes)</a>	<a href="#">POPSUGAR Fitness: Latin Dance Workout</a>	BODYCOMBAT 73 (30- and 55-minute options)
<b>Tuesday</b>	<b>Mind/Body</b>	<a href="#">Yoga with Cassandra: Yin Yoga and Affirmations for Serenity (30 minutes)</a>	<a href="#">Lululemon: Energizing Yoga with Siha Collins (30 minutes)</a>	BODYFLOW 84 (30-, 45-, and 55-minute options)
<b>Wednesday</b>	<b>Strength</b>	<a href="#">HASfit: Total Body Strength Workout (40 minutes)</a>	<a href="#">FitnessBlender: Strength, HIIT, &amp; Pilates Workout (50 minutes)</a>	BODYPUMP 110 (30-, 45-, and 55-minute options)
<b>Thursday</b>	<b>Cardio</b>	<a href="#">Mike Peele: Hip-Hop Fit Dance Workout</a>	<a href="#">Evolve Functional Fitness: Agility No-Equipment Workout (60 minutes)</a>	BODYATTACK 92 (30- and 45-minute options)
<b>Friday</b>	<b>Mind/Body</b>	<a href="#">Alo: Energizing Beginner's Yoga Flow (35 minutes)</a>	<a href="#">Yoga with Cassandra: Yoga for Hips and Hamstring Flexibility (60 minutes)</a>	BODYFLOW 78 (30-, 45-, and 55-minute options)
<b>Saturday</b>	<b>Strength</b>	<a href="#">POPSUGAR Fitness: Booty-, Thigh-, and Abs-Toning Workout (35 minutes)</a>	<a href="#">HASfit: Total Body Strength Workout with Weights (50 minutes)</a>	BODYPUMP 104 (30-, 45-, and 55-minute options)
<b>Sunday</b>	<b>Rest and Recovery</b>			