# Weekly Workout Plan (November 2-8)

<table>
<thead>
<tr>
<th>Day</th>
<th>Workout Type</th>
<th>At-Home Offerings (Choose the combo that works for you)</th>
<th>Les Mills on Demand (LMOD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Mind/Body</td>
<td>Yoga with Adriene: Yoga for Gratitude (35 minutes)</td>
<td>Yoga with Tim: Power Vinyasa Workout Flow (25 minutes)</td>
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<tr>
<td>Tuesday</td>
<td>Strength</td>
<td>Nicole Kastoun: Full Body Pilates Workout (60 minutes)</td>
<td>FitnessBlender: Strength, HIIT, and Pilates Workout (50 minutes)</td>
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<tr>
<td>Wednesday</td>
<td>Cardio</td>
<td>Body Project: Low impact, beginner workout (30 minutes)</td>
<td>SELF: Advanced Cardio Workout (30 minutes)</td>
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<tr>
<td>Thursday</td>
<td>Mind/Body</td>
<td>Five Parks Yoga: Mandala Flow Journey Class (50 minutes)</td>
<td>Lululemon: Everyday Vinyasa Flow Class (75 minutes)</td>
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<tr>
<td>Friday</td>
<td>Strength</td>
<td>FitnessBlender: Total Body Strength Training and Core Workout for Beginners (30 minutes)</td>
<td>Heather Robertson: Upper Body Strength Workout (30 minutes)</td>
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<tr>
<td>Saturday</td>
<td>Cardio</td>
<td>Fit Body by Ashley: Beyoncé Dance Workout (60 minutes)</td>
<td>Sydney Cummings: HIIT Cardio Workout (60 minutes)</td>
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<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td>Rest and Recovery</td>
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</tbody>
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