

# Weekly Workout Plan (November 2 - 8)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
<b>Monday</b>	<b>Mind/Body</b>	<a href="#">Yoga with Adriene: Yoga for Gratitude (35 minutes)</a>	<a href="#">Yoga with Tim: Power Vinyasa Workout Flow (25 minutes)</a>	BODYFLOW 82 (30-, 45-, and 55-minute options)
<b>Tuesday</b>	<b>Strength</b>	<a href="#">Nicole Kastoun: Full Body Pilates Workout (60 minutes)</a>	<a href="#">FitnessBlender: Strength, HIIT, and Pilates Workout (50 minutes)</a>	Hybrid Workout Bone Health #01 (45 minutes)
<b>Wednesday</b>	<b>Cardio</b>	<a href="#">Body Project: Low impact, beginner workout (30 minutes)</a>	<a href="#">SELF: Advanced Cardio Workout (30 minutes)</a>	BODYSTEP 114 (30-, 45-, and 55-minute options)
<b>Thursday</b>	<b>Mind/Body</b>	<a href="#">Five Parks Yoga: Mandala Flow Journey Class (50 minutes)</a>	<a href="#">Lululemon: Everyday Vinyasa Flow Class (75 minutes)</a>	BODYFLOW 66 (30- and 55-minute versions)
<b>Friday</b>	<b>Strength</b>	<a href="#">FitnessBlender: Total Body Strength Training and Core Workout for Beginners (30 minutes)</a>	<a href="#">Heather Robertson: Upper Body Strength Workout (30 minutes)</a>	Les Mills BARRE #03 (30- and 45-minutes)
<b>Saturday</b>	<b>Cardio</b>	<a href="#">Fit Body by Ashley: Beyoncé Dance Workout (60 minutes)</a>	<a href="#">Sydney Cummings: HIIT Cardio Workout (60 minutes)</a>	SH'BAM 35 (30- and 45-minute options)
<b>Sunday</b>	<b>Rest and Recovery</b>			