

Weekly Workout Plan (November 23 – 29)

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