

FLEXY FEBRUARY



1 Hips & Legs (60 min)	2 Morning Hips (30 min)	3 Full Body (10 min)	4 Full Body (55 min)	5 Hips (15 min)	6 Full Body (30 min)	7 Full Body (30 min)
8 Full Body (60 min)	9 Evening Stretch (10 min)	10 Twist & Stretch (15 min)	11 Hips & Legs (60 min)	12 Morning Stretch (10 min)	13 Deep Stretch (45 min)	14 Flexibility Flow (10 min)
15 Morning Stretch (15 min)	16 Full Body (35 min)	17 Morning Stretch (10 min)	18 Hip Stretch (35 min)	19 Beginner Flexibility (20 min)	20 Lower Body (25 min)	21 Full Body (30 min)
22 Yin Yoga for Flexibility (60 min)	23 Flexibility Flow (60 min)	24 Morning Flexibility (10 min)	25 Vinyasa for Flexibility (30 min)	26 Vinyasa for Flexibility (45 min)	27 Hips & Spine (55 min)	28 Deep Stretch (45 min)

