

July

07/2024

burnalong®

Fuel your body



July playlist

What fuels you? Check out classes about nutrition, mindfulness, exercise, and more!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p><u>Stretch</u></p> <p>♥ Stretch & restore 🕒 14 min</p>	<p>2</p> <p><u>Yoga</u></p> <p>♥ Seated yoga 🕒 19 min</p>	<p>3</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 8 min</p>	<p>4</p> <p><u>Cardio</u></p> <p>♥ Bootcamp 🕒 31 min</p>	<p>5</p> <p><u>Educational</u></p> <p>♥ Mental health 🕒 10 min</p>	<p>6</p> <p><u>Strength</u></p> <p>♥ Bodyweight 🕒 45 min</p>	<p>7</p> <p><u>Lifestyle</u></p> <p>♥ Zentangle 🕒 4 min</p>
<p>8</p> <p><u>Mindfulness</u></p> <p>♥ Meditation 🕒 5 min</p>	<p>9</p> <p><u>Yoga</u></p> <p>♥ Hips and shoulders 🕒 23 min</p>	<p>10</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 4 min</p>	<p>11</p> <p> <u>User Event</u> 12:00pm</p>	<p>12</p> <p><u>Educational</u></p> <p>♥ Women's health 🕒 13 min</p>	<p>13</p> <p><u>Strength</u></p> <p>♥ Bodyweight 🕒 23 min</p>	<p>14</p> <p><u>Lifestyle</u></p> <p>♥ Travel 🕒 7 min</p>
<p>15</p> <p><u>Mindfulness</u></p> <p>♥ Meditation 🕒 6 min</p>	<p>16</p> <p><u>Yoga</u></p> <p>♥ Yoga, pilates 🕒 27 min</p>	<p>17</p> <p> <u>User Event</u> 12:00pm</p>	<p>18</p> <p><u>Cardio</u></p> <p>♥ Boxing 🕒 42 min</p>	<p>19</p> <p><u>Educational</u></p> <p>♥ Physical therapy 🕒 6 min</p>	<p>20</p> <p><u>Strength</u></p> <p>♥ Bodyweight 🕒 24 min</p>	<p>21</p> <p><u>Lifestyle</u></p> <p>♥ Hobbies 🕒 5 min</p>
<p>22</p> <p><u>Mindfulness</u></p> <p>♥ Meditation 🕒 2 min</p>	<p>23</p> <p><u>Yoga</u></p> <p>♥ Stretch & restore 🕒 12 min</p>	<p>24</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 6 min</p>	<p>25</p> <p> <u>User Event</u> 12:00pm</p>	<p>26</p> <p><u>Educational</u></p> <p>♥ Sunscreen 🕒 3 min</p>	<p>27</p> <p><u>Strength</u></p> <p>♥ Bootcamp 🕒 28 min</p>	<p>28</p> <p><u>Lifestyle</u></p> <p>♥ Dance 🕒 11 min</p>
<p>29</p> <p><u>Mindfulness</u></p> <p>♥ Meditation 🕒 10 min</p>	<p>30</p> <p><u>Yoga</u></p> <p>♥ Yoga 🕒 21 min</p>	<p>31</p> <p><u>Nutrition</u></p> <p>♥ Educational 🕒 15 min</p>				