

October

10/2024

burnalong®



October playlist

Find your wellness balance with yoga, educational, and fitness classes.

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 <u>Yoga</u> ♥ Stretch & Restore 🕒 17 min	2 <u>Nutrition</u> ♥ Educational 🕒 13 min	3 <u>User Event</u> 🕒 12:00pm	4 <u>Clinical</u> ♥ Physical Therapy 🕒 20 min	5 <u>Strength</u> ♥ Sports Performance 🕒 24 min	6 <u>Lifestyle</u> ♥ Walking 🕒 5 min
7 <u>Mindfulness</u> ♥ Life coaching 🕒 23 min	8 <u>Yoga</u> ♥ Stress management 🕒 12 min	9 <u>Nutrition</u> ♥ Educational 🕒 4 min	10 <u>Cardio</u> ♥ Boxing 🕒 32 min	11 <u>Clinical</u> ♥ Parenting 🕒 6 min	12 <u>Strength</u> ♥ Fit over 50 🕒 41 min	13 <u>Lifestyle</u> ♥ Financial wellbeing 🕒 9 min
14 <u>Mindfulness</u> ♥ Meditation 🕒 14 min	15 <u>Yoga</u> ♥ Stretch & Restore 🕒 61 min	16 <u>User Event</u> 🕒 12:00pm	17 <u>Cardio</u> ♥ Bodyweight 🕒 32 min	18 <u>Clinical</u> ♥ Brain health 🕒 8 min	19 <u>Strength</u> ♥ Fit over 50 🕒 52 min	20 <u>Lifestyle</u> ♥ Music 🕒 10 min
21 <u>Stretch</u> ♥ Stretch & Restore 🕒 7 min	22 <u>Yoga</u> ♥ Yoga 🕒 63 min	23 <u>Nutrition</u> ♥ Healthy eating 🕒 5 min	24 <u>User Event</u> 🕒 12:00pm	25 <u>Clinical</u> ♥ Arthritis 🕒 8 min	26 <u>Strength</u> ♥ Lower body 🕒 15 min	27 <u>Lifestyle</u> ♥ Educational 🕒 3 min
28 <u>Mindfulness</u> ♥ Meditation 🕒 9 min	29 <u>Yoga</u> ♥ Chair yoga 🕒 4 min	30 <u>Nutrition</u> ♥ Healthy eating 🕒 18 min	31 <u>Cardio</u> ♥ Dance 🕒 20 min			

★ Featured Partner