

September

09/2024

burnalong®

Prioritize self care



September playlist

Take care of YOU this month with yoga, recipes, workouts, and more!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p><u>Mindfulness</u></p> <p>♥ Stress management 🕒 11 min</p>	<p>3</p> <p><u>Yoga</u></p> <p>♥ Yoga 🕒 20 min</p>	<p>4</p> <p><u>Nutrition</u></p> <p>♥ Educational 🕒 10 min</p>	<p>5</p> <p>User Event 12:00pm</p>	<p>6</p> <p><u>Educational</u></p> <p>♥ Nutrition 🕒 8 min</p>	<p>★ 7</p> <p><u>Strength</u></p> <p>♥ Travel workout 🕒 13 min</p>	<p>8</p> <p><u>Lifestyle</u></p> <p>♥ Hobbies, pets 🕒 17 min</p>
<p>9</p> <p><u>Mindfulness</u></p> <p>♥ Meditation 🕒 6 min</p>	<p>★ 10</p> <p><u>Yoga</u></p> <p>♥ Stress management 🕒 51 min</p>	<p>11</p> <p><u>Nutrition</u></p> <p>♥ Educational 🕒 11 min</p>	<p>12</p> <p><u>Cardio</u></p> <p>♥ Bootcamp 🕒 32 min</p>	<p>13</p> <p><u>Educational</u></p> <p>♥ Diabetes 🕒 6 min</p>	<p>★ 14</p> <p><u>Strength</u></p> <p>♥ Abs 🕒 10 min</p>	<p>15</p> <p><u>Lifestyle</u></p> <p>♥ Hobbies, music 🕒 8 min</p>
<p>★ 16</p> <p><u>Mindfulness</u></p> <p>♥ Life coaching 🕒 10 min</p>	<p>17</p> <p><u>Yoga</u></p> <p>♥ Yoga 🕒 17 min</p>	<p>18</p> <p>User Event 12:00pm</p>	<p>19</p> <p><u>Cardio</u></p> <p>♥ Cardio 🕒 18 min</p>	<p>★ 20</p> <p><u>Educational</u></p> <p>♥ Dementia 🕒 19 min</p>	<p>21</p> <p><u>Strength</u></p> <p>♥ Barre 🕒 33 min</p>	<p>★ 22</p> <p><u>Lifestyle</u></p> <p>♥ Financial wellbeing 🕒 8 min</p>
<p>23</p> <p><u>Mindfulness</u></p> <p>♥ Stress management 🕒 9 min</p>	<p>24</p> <p><u>Yoga</u></p> <p>♥ Seniors 🕒 26 min</p>	<p>25</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 6 min</p>	<p>26</p> <p>User Event 12:00pm</p>	<p>27</p> <p><u>Educational</u></p> <p>♥ Sleep 🕒 14 min</p>	<p>28</p> <p><u>Strength</u></p> <p>♥ Bodyweight 🕒 29 min</p>	<p>29</p> <p><u>Lifestyle</u></p> <p>♥ Educational 🕒 14 min</p>
<p>30</p> <p><u>Meditation</u></p> <p>♥ Life Coaching 🕒 22 min</p>						

★ Featured Partner