

December

12/2024

burnalong®

Reflect and reset



December playlist

Reflect on the year's wellness journey and achievements.

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p><u>Meditation</u></p> <p>♥ Mindfulness 🕒 6 min</p>	<p>3</p> <p><u>Yoga</u></p> <p>♥ Meditation 🕒 61 min</p>	<p>4</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 <u>1min</u></p>	<p>5</p> <p><u>User Event</u> 🕒 12:00pm</p>	<p>6</p> <p><u>Clinical</u></p> <p>♥ Corrective exercise 🕒 6 min</p>	<p>7</p> <p><u>Strength</u></p> <p>♥ Glutes, arms 🕒 31 min</p>	<p>8</p> <p><u>Lifestyle</u></p> <p>♥ Stress management 🕒 5 min</p>
<p>9</p> <p><u>Meditation</u></p> <p>♥ Mindfulness 🕒 8 min</p>	<p>10</p> <p><u>Yoga</u></p> <p>♥ Mindfulness 🕒 18 min</p>	<p>11</p> <p><u>User Event</u> 🕒 12:00pm</p>	<p>12</p> <p><u>Cardio</u></p> <p>♥ Dance 🕒 28 min</p>	<p>13</p> <p><u>Clinical</u></p> <p>♥ Mental health 🕒 3 min</p>	<p>14</p> <p><u>Strength</u></p> <p>♥ Bodyweight 🕒 30 min</p>	<p>15</p> <p><u>Lifestyle</u></p> <p>♥ Educational 🕒 26 min</p>
<p>16</p> <p><u>Meditation</u></p> <p>♥ Mindfulness 🕒 15 min</p>	<p>17</p> <p><u>Yoga</u></p> <p>♥ Stretch & restore 🕒 17 min</p>	<p>18</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 7 min</p>	<p>19</p> <p><u>Cardio</u></p> <p>♥ Bodyweight 🕒 13 min</p>	<p>20</p> <p><u>Educational</u></p> <p>♥ Mental health 🕒 12 min</p>	<p>21</p> <p><u>Strength</u></p> <p>♥ Abs, legs 🕒 15 min</p>	<p>22</p> <p><u>Lifestyle</u></p> <p>♥ Meditation 🕒 13 min</p>
<p>23</p> <p><u>Meditation</u></p> <p>♥ Mindfulness 🕒 6 min</p>	<p>24</p> <p><u>Yoga</u></p> <p>♥ Yoga, abs 🕒 12 min</p>	<p>25</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 7 min</p>	<p>26</p> <p><u>Cardio</u></p> <p>♥ Cardio 🕒 33 min</p>	<p>27</p> <p><u>Educational</u></p> <p>♥ Brain health 🕒 9 min</p>	<p>28</p> <p><u>Strength</u></p> <p>♥ Strength 🕒 17 min</p>	<p>29</p> <p><u>Lifestyle</u></p> <p>♥ Stress management 🕒 6 min</p>
<p>30</p> <p><u>Mindfulness</u></p> <p>♥ Life coaching 🕒 47 min</p>	<p>31</p> <p><u>Yoga</u></p> <p>♥ Seniors 🕒 34 min</p>					

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