March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10 Week 6 Core	11 Ultimate Power Yoga	12 Week 6 Resistance	13 Bike	14 Week 6 Cardio	15 Bike	16 Legs and Thighs
17 Yoga Meltdown	18 Arms and Shoul-ders	19 Bike or Gym	20 Fast Fat Burn	21 Butt and Hips	22 Chest and Back	23 Ultimate Power Yoga
24 Legs and Thighs	25 Arms and Shoul-ders	26 Bike or Gym	27 Fast Abs	28 Chest and Back	29 Butt and Hips	30 Yoga Meltdown
31 Ultimate Power Yoga						

2013

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