

MAY STAY ACTIVE CHALLENGE

<u>SUN</u> REST & RECOVERY	<u>MON</u> TONE & SCULPT	<u>TUES</u> WALK/JOG	<u>WED</u> CARDIO	<u>THU</u> CARDIO	<u>FRI</u> WALK/JOG	<u>SAT</u> TONE & SCULPT
						1 <input type="checkbox"/> 11:00am Barre with Nat OR 30 min Popsugar Full Body Barre
2 <input type="checkbox"/> 5 min Stretch with Coco	3 <input type="checkbox"/> 7:30pm Barre with Coco OR 15 min Anna's Total Ab Workout	4 <input type="checkbox"/> Go for a 30 min walk or jog!	5 <input type="checkbox"/> 7:30pm BarreDance with Nat OR 15 min Popsugar Dance Sculpt	6 <input type="checkbox"/> 7:30pm HIITPlay with Coco OR 30 min Popsugar Pilates HIIT	7 <input type="checkbox"/> Go for a 30 min walk or jog!	8 <input type="checkbox"/> 11:00am Barre with Nat OR 45 min Popsugar Barre
9 <input type="checkbox"/> 15 min Anna's Full Body Stretch	10 <input type="checkbox"/> 7:30pm Barre with Coco OR 30 min Popsugar Barre Workout	11 <input type="checkbox"/> Go for a 30 min walk or jog!	12 <input type="checkbox"/> 7:30pm BarreDance with Nat OR 20 min Popsugar Dance Cardio & Sculpt	13 <input type="checkbox"/> 7:30pm HIITPlay with Coco OR 30 min Anna's Low Impact Full Body Workout	14 <input type="checkbox"/> Go for a 30 min walk or jog!	15 <input type="checkbox"/> 11:00am Barre with Nat OR 30 min Popsugar Abs & Legs Workout
16 <input type="checkbox"/> 10 min Heather R's Full Body Stretch	17 <input type="checkbox"/> 7:30pm Barre with Coco OR 30 min Popsugar Ab & Booty Blast	18 <input type="checkbox"/> Go for a 30 min walk or jog!	19 <input type="checkbox"/> 7:30pm BarreDance with Nat OR 30 min Popsugar Dance & Barre	20 <input type="checkbox"/> 7:30pm HIITPlay with Coco OR 30 min Popsugar Cardio Sculpt	21 <input type="checkbox"/> Go for a 30 min walk or jog!	22 <input type="checkbox"/> 11:00am Barre with Nat OR 10 min Popsugar Standing Barre Core Workout
23 <input type="checkbox"/> 5 min Popsugar Stretch	24 <input type="checkbox"/> 7:30pm Barre with Coco OR 15 min Anna's Booty Workout	25 <input type="checkbox"/> Go for a 30 min walk or jog!	26 <input type="checkbox"/> 7:30pm BarreDance with Nat OR 30 min Popsugar Cardio Dance & Barre	27 <input type="checkbox"/> 7:30pm HIITPlay with Coco OR 40 min Anna's Advanced HIIT	28 <input type="checkbox"/> Go for a 30 min walk or jog!	29 <input type="checkbox"/> 11:00am Barre with Nat OR 28 min Heather R's HIIT Barre
30 <input type="checkbox"/> 14 min Heather R's Full Body Recovery Day Stretch	31 <input type="checkbox"/> 7:30pm Barre with Coco OR 30 min Popsugar Ab & Booty Blast					