

PiYo & CLX Hybrid

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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<i>Strength Intervals</i>	<i>Burn Circuit 1</i>	<i>Sculpt</i>	<i>Lean Circuit 1</i>	<i>Hardcore on the Floor</i>	
	<i>Sweat</i>	<i>Burn Circuit 2</i>	<i>Drench</i>	<i>Lean Circuit 2</i>	<i>Hardcore on the Floor</i>	
	<i>Burn Circuit 3</i>	<i>Strength Intervals</i>	<i>Lean Circuit 3</i>	<i>Buns</i>	<i>Hardcore on the Floor</i>	
	<i>Strength Intervals</i>	<i>Burn Circuit 3</i>	<i>Sculpt</i>	<i>Lean Circuit 3</i>	<i>Hardcore on the Floor</i>	
	<i>The Shine Bright Dynasty</i>					

"The only bad workout is the one you didn't do."