SEPTEMBER *Fit for Fall* 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 SHUNIYA **60 MINS**	02 BODY TONIC **60 MINS**	03 FACING IT **60 MINS**	04 LUXURIOUS **60 MINS**	05 SUBLIMATE **60 MINS**	06
07 NEW! **60 MIN**	08 THE FEELS **60 MINS**	09 HUMAN PLAY **60 MINS**	10 ROOT + BASK **60 MINS**	11 VISVA **60 MINS**	12 UPPER BACK **60 MINS**	13
14 NEW! **60 MIN**	15 CONDUIT OF LOVE **60 MINS**	16 NECTAR **60 MINS**	17 PRETTY EPIC **60 MINS**	18 DISRUPT **60 MINS**	19 THE VIBE **60 MINS**	20
21 NEW! **60 MIN**	22 WARM BUZZ **60 MINS**	23 SELF EXPRESSION **60 MINS**	24 LIGHT + HEAT **60 MINS**	25 LIL BIT OF EVERYTHING **60 MINS**	26 LIQUID **60 MINS**	27
28 NEW! **60 MIN**	29 EVERYTHING **60 MINS**	30 FOR LOVE OF FLOW **60 MINS**				