

CURVE METHOD

CeCe
OLISA

MONTH OF:

M	T	W	TH	F	S	SU
Tabata Cardio 29 minutes <input type="checkbox"/>		Go with the Flow 27 minutes <input type="checkbox"/>		Dance & Sweat 17 minutes <input type="checkbox"/>		<input type="checkbox"/>
Boxing Basics 14 minutes <input type="checkbox"/>		Beginner Core 27 minutes <input type="checkbox"/>		Barre Beats 24 minutes <input type="checkbox"/>		<input type="checkbox"/>
Balancing Strength 39 minutes <input type="checkbox"/>		Opening Flow 21 minutes <input type="checkbox"/>		Kickin' Cardio 26 minutes <input type="checkbox"/>		<input type="checkbox"/>
Box n' Flow 26 minutes <input type="checkbox"/>		Mobility Flow 16 minutes <input type="checkbox"/>		Sassy Sweat 17 minutes <input type="checkbox"/>		<input type="checkbox"/>