

# June **BYS Schedule**

## BYS Top Hits

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	<u>Element Series: Earth</u> 17	<u>Morning Stretch</u> 18	<u>Total Body Warmup</u> 19
<u>Total Body Tension Takedown</u> 20	<u>Morning Ritual</u> 21	<u>20-min Happy Dance</u> 22	<u>A Good One to Fall Back On</u> 23	<u>Good Morning</u> 24	<u>Full Body Flow</u> 25	<u>Easy Like Sunday Morning</u> 26
<u>Best All Around</u> 27	<u>Catch All</u> 28	<u>40-min Yoga for Runners</u> 29	<u>Yinyasa Flow</u> 30	1	2	3