

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	 Goal setting
3 Goal Setting ❤️ Health Coaching ⌚ 6 min	4 Meditation ❤️ Mindfulness ⌚ 13 min	5 Yoga ★ ❤️ Stress Management ⌚ 60 min	6 Mental Health ★ ❤️ Educational ⌚ 3 min	7  User Event 12 PM EST	8 Cardio ❤️ Abs, Cardio, Strength ⌚ 48 min	9 Kettlebell ★ ❤️ Strength ⌚ 37 min	★ December playlist This month, we've curated a playlist with daily classes to help you work towards your health goals. Jump in at any time! VIEW THE PLAYLIST ★ Featured Partner
10 Financial Wellbeing ❤️ Educational ⌚ 10 min	11 Meditation ❤️ Mindfulness ⌚ 12 min	12 Yoga ❤️ Beginner Yoga ⌚ 39 min	13  User Event 12 PM EST	14 Cardio ★ ❤️ Step Cardio ⌚ 42 min	15 Nutrition ❤️ Healthy Recipe ⌚ 8 min	16 Strength ★ ❤️ Bodyweight ⌚ 26 min	
17 Goal Setting ❤️ Educational ⌚ 8 min	18 Self-Care ❤️ Educational ⌚ 9 min	19 Yoga ❤️ Gentle Yoga ⌚ 50 min	20 Nutrition ❤️ Healthy Recipe ⌚ 22 min	21 Cardio ★ ❤️ Cardio, Dance ⌚ 24 min	22 Mindfulness ★ ❤️ Mental Health ⌚ 7 min	23 Strength ❤️ Cardio, Strength ⌚ 53 min	
24 Mental Health ❤️ Stress Management ⌚ 5 min	25 Mindfulness ❤️ Life Coaching ⌚ 9 min	26 Yoga ❤️ Beginner Yoga ⌚ 4 min	27 Nutrition ❤️ Healthy Recipe ⌚ 6 min	28 Cardio ★ ❤️ Bootcamp ⌚ 58 min	29 Blood Sugar ❤️ Educational ⌚ 10 min	30 Strength ★ ❤️ Boxing, Abs ⌚ 20 min	
31 Goal Setting ❤️ Educational ⌚ 15 min	 To register for your free Burnalong account that comes with 4 free sub-accounts, scan the QR code or click on join.burnalong.com/greenbergtraurig Email customer care@burnalong.com for help						