

## Yoga Warrior 365 Class Schedule - Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Versatile	DAY OFF	Responsible	DAY OFF	Freed	DAY OFF	Fluid
Week 2	DAY OFF	Gentle	DAY OFF	Focused	DAY OFF	Honed	DAY OFF
Week 3	Stalking	DAY OFF	Seeking	DAY OFF	Coiled	DAY OFF	Compassionate
Week 4	DAY OFF	Returning	DAY OFF	Versatile	DAY OFF	Responsible	DAY OFF
Week 5	Freed	DAY OFF	Fluid	DAY OFF	Gentle	DAY OFF	Focused
Week 6	DAY OFF	Honed	DAY OFF	Stalking	DAY OFF	Seeking	DAY OFF
Week 7	Coiled	DAY OFF	Compassionate	DAY OFF	Returning	DAY OFF	Versatile
Week 8	DAY OFF	Responsible	DAY OFF	Freed	DAY OFF	Fluid	DAY OFF
Week 9	Gentle	DAY OFF	Focused	DAY OFF	Honed	DAY OFF	Stalking
Week 10	DAY OFF	Seeking	DAY OFF	Coiled	DAY OFF	Compassionate	DAY OFF
Week 11	Returning	DAY OFF	Versatile	DAY OFF	Responsible	DAY OFF	Freed
Week 12	DAY OFF	Fluid	DAY OFF	Gentle	DAY OFF	Focused	DAY OFF
Week 13	Honed	DAY OFF	Stalking	DAY OFF	Seeking	DAY OFF	Coiled
Week 14	DAY OFF	Compassionate	DAY OFF	Returning	FINISHED		

## Yoga Warrior 365 Class Schedule - Intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Versatile	Responsible	DAY OFF	Freed	Fluid	Gentle	DAY OFF
Week 2	Focused	Honed	DAY OFF	Stalking	Seeking	Coiled	DAY OFF
Week 3	Compassionate	Returning	DAY OFF	Versatile	Responsible	Freed	DAY OFF
Week 4	Fluid	Gentle	DAY OFF	Focused	Honed	Stalking	DAY OFF
Week 5	Seeking	Coiled	DAY OFF	Compassionate	Returning	Versatile	DAY OFF
Week 6	Responsible	Freed	DAY OFF	Fluid	Gentle	Focused	DAY OFF
Week 7	Honed	Stalking	DAY OFF	Seeking	Coiled	Compassionate	DAY OFF
Week 8	Returning	Versatile	DAY OFF	Responsible	Freed	Fluid	DAY OFF
Week 9	Versatile	Responsible	DAY OFF	Freed	Fluid	Gentle	DAY OFF
Week 10	Focused	Honed	DAY OFF	Stalking	Seeking	Coiled	DAY OFF
Week 11	Compassionate	Returning	DAY OFF	Versatile	Responsible	Freed	DAY OFF
Week 12	Fluid	Gentle	DAY OFF	Focused	Honed	Stalking	DAY OFF
Week 13	Seeking	Coiled	DAY OFF	Compassionate	Returning	FINISHED	

## Yoga Warrior 365 Class Schedule - Advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Versatile	Responsible	Freed	Fluid	DAY OFF	Gentle	Focused
Week 2	Honed	Stalking	DAY OFF	Seeking	Coiled	Compassionate	Returning
Week 3	DAY OFF	Versatile	Responsible	Freed	Fluid	DAY OFF	Gentle
Week 4	Focused	Honed	Stalking	DAY OFF	Seeking	Coiled	Compassionate
Week 5	Returning	DAY OFF	Versatile	Responsible	Freed	Fluid	DAY OFF
Week 6	Gentle	Focused	Honed	Stalking	DAY OFF	Seeking	Coiled
Week 7	Compassionate	Returning	DAY OFF	Versatile	Responsible	Freed	Fluid
Week 8	DAY OFF	Gentle	Focused	Honed	Stalking	DAY OFF	Seeking
Week 9	Coiled	Compassionate	Returning	DAY OFF	Versatile	Responsible	Freed
Week 10	Fluid	DAY OFF	Gentle	Focused	Honed	Stalking	DAY OFF
Week 11	Seeking	Soiled	Compassionate	Returning	Rest	Versatile	Responsible
Week 12	Freed	Fluid	DAY OFF	Gentle	Focused	Honed	Stalking
Week 13	DAY OFF	Seeking	Coiled	Compassionate	Returning	FINISHED	