

RUN + YOGA = SYNE

Living Fit [Columbus] 30 day

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9/1	Rest or XT	RUN	YOGA	[Group] RUN	XT	[Group] RUN	YOGA
9/8	Rest or XT	RUN	YOGA	[Group] RUN	XT	[Group] RUN	YOGA
9/15	Rest or XT	RUN	YOGA	[Group] RUN	XT	[Group] RUN	YOGA [POGA]
9/22	Rest or XT	RUN	YOGA	*[Group] RUN	XT	[Group] RUN	YOGA