

Core De Force + Piyo + Yoga Retreat - Hybrid Schedule

Week	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core De Force: MMA Speed	Piyo: Align - The Fundamentals	Core De Force: MMA Speed	Piyo: Define Lower Body	Core De Force: MMA Shred	Piyo: Define Upper Body	3 Week Yoga Retreat: Day 2 - Stretch
2	Core De Force: MMA Shred	Piyo: Sweat	Core De Force: MMA Kick Butt	Piyo: Core	Core De Force: MMA Power	Piyo: Buns	3 Week Yoga Retreat: Day 3 - Balance
3	Core De Force: MMA Power	Piyo: Define Lower Body	Core De Force: MMA Kick Butt	Piyo: Define Upper Body	Core De Force: MMA Plyo	Piyo: Strength Intervals	3 Week Yoga Retreat: Day 4 - Flow
4	Core De Force: MMA Plyo	Piyo: Hardcore on the Floor	Core De Force: MMA Plyo	Piyo: Drench	Core De Force: MMA Speed	Piyo: Buns	3 Week Yoga Retreat: Day 5 - Flow on the Go