

MARCH MASH-UP 2024



<u>PowerSync 60™:</u> <u>The Big Sweat</u>	<u>Greatest HiiTs:</u> <u>Open Sharms</u> AND <u>MoTown Express:</u> <u>Midtown</u>	<u>Primal Method:</u> <u>Thunder Asunder</u>	<u>MoTown Express:</u> <u>Power City</u> AND <u>Rock the Core:</u> <u>Ab Flex</u>	<u>The Power of 4 :</u> <u>Kickin' and Punchin'</u>	<u>Yoga Shred:</u> <u>Balance and Booty</u>	<u>REST OR</u> <u>Movement IQ:</u> <u>Mobility Basics</u>
<u>Primal Method:</u> <u>Machine Maker</u>	<u>The Power Of 4:</u> <u>Push</u> AND <u>Rock the Core:</u> <u>Compress for Success</u>	<u>Greatest HiiTs:</u> <u>Learning to PlyO</u>	<u>PowerSync 60™:</u> <u>Strength One</u> AND <u>Yoga Shred:</u> <u>Core Power</u>	<u>Primal Method:</u> <u>Battle Ready</u>	<u>The Power of 4:</u> <u>Don't Skip Yoga</u>	<u>REST OR</u> <u>Movement IQ:</u> <u>Range Of Holmsen</u>
<u>MoTown Express:</u> <u>MoBata</u>	<u>Primal Method:</u> <u>Guns Not Buns</u> AND <u>Yoga Shred:</u> <u>Balance and Belly</u>	<u>PowerSync 60™:</u> <u>Base Power</u>	<u>Greatest HiiTs:</u> <u>Push Me Pull Me</u> AND <u>Rock the Core:</u> <u>Brain Power</u>	<u>PowerSync 60™:</u> <u>Ancient Warrior</u>	<u>Yoga Shred:</u> <u>The Whole Enchilada</u>	<u>REST OR</u> <u>Movement IQ:</u> <u>Strength and Agility</u>
<u>Greatest HiiTs:</u> <u>Every Breath You Take</u>	<u>MoTown Express:</u> <u>Uptown</u> AND <u>Rock the Core:</u> <u>Core Countdown</u>	<u>The Power of 4:</u> <u>Drop Pulse and Hold</u>	<u>The Power of 4:</u> <u>Triple Trouble Challenge</u> AND <u>PowerSync 60™:</u> <u>Butt and Gut</u>	<u>Primal Method:</u> <u>Wild Animals</u>	<u>The Power of 4:</u> <u>Power and Strength Yoga</u>	<u>REST OR</u> <u>Movement IQ:</u> <u>Kit and Caboodle</u>