

SuzanneBowenfitness

HOLIDAY HIIT WEEK

MON

Barre HIIT Circuit, 39m

TUE

**Feel Good Arms & Cardio,
19m**

WED

Cardio Interval 2, 22m

THUR

**Upper Body Core Circuit,
31m**

FRI

TTT Cardio Torch, 23m

SAT

Lower Body BC Barre, 27m

SUN

Active Stretch 3, 21m



PREPARING TO MOVE FROM GRATITUDE TO GIVING.