



MONDAY 1.20
HIIT WORKOUT

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TUESDAY 1.21 YOGA

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WEDNESDAY 1.22

NIKE+ RUN CLUB

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THURSDAY 1.23

BARRE

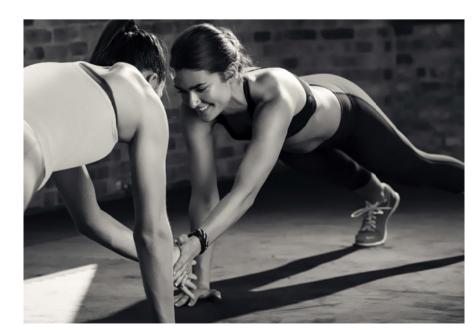
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FRIDAY 1.24

SUNSET RUN

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SATURDAY 1.25

NIKE TRAINING CLUB

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