

60 DAY SUMMERTIME CHALLENGE

SUN MON TUE WED THU FRI SAT

NAME:						1 JULY
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1 AUG	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1 SEPT	2
3	4	5	6	7	8	9
10	11	12				

Show up and breathe

Goal for it!

60 classes in 60 days

You've got this!

Feel amazing in your body



BIKRAM YOGA SAN JOSE