



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# IN THE MORNING



**YOGA:**  
<https://www.youtube.com/watch?v=A47zwWsjXgs>

**YOGA:**  
<https://www.youtube.com/watch?v=C0eUSm-pc>

**YOGA:**  
[https://www.youtube.com/watch?v=gwU3gV\\_T7zM](https://www.youtube.com/watch?v=gwU3gV_T7zM)

**YOGA:**  
<https://www.youtube.com/watch?v=kP-G3CfY28K0>

**YOGA:**  
[https://www.youtube.com/watch?v=aJzj\\_b7G7i8](https://www.youtube.com/watch?v=aJzj_b7G7i8)



**FITNESS:**  
<https://www.youtube.com/watch?v=dhCM0C6GnrY>

**FITNESS:**  
<https://www.youtube.com/watch?v=Yl-B2SjNBHQ>

**FITNESS:**  
<https://www.youtube.com/watch?v=g2oW-puRpU1U>

**FITNESS:**  
[https://www.youtube.com/watch?v=x\\_9L5\\_A6Ww4](https://www.youtube.com/watch?v=x_9L5_A6Ww4)

**FITNESS:**  
<https://www.youtube.com/watch?v=5if4cj-O5nxo&t=261s>



**DANCING:**  
<https://www.youtube.com/watch?v=9QAd-PjMqHKE>

**DANCING**  
<https://www.youtube.com/watch?v=-0X-n4kd8xqY>

**DANCING:**  
<https://www.youtube.com/watch?v=yBZ0-Y2t0ceo>

**DANCING:**  
<https://www.youtube.com/watch?v=FySQ-K4FOaVQ>

**DANCING:**  
<https://www.youtube.com/watch?v=xtwxN-p9uUiA>

# IN THE AFTERNOON



**GAMES:**  
<https://www.youtube.com/watch?v=Cw6y-J2houvc>

**GAMES:**  
<https://www.youtube.com/watch?v=TKm-MwQTNG2k>

**GAMES:**  
<https://www.youtube.com/watch?v=yHnB0-r2pKVI>

**GAMES:**  
<https://www.youtube.com/watch?v=NbMb-XUfKOsc>

**GAMES:**  
<https://www.youtube.com/watch?v=zLJ0T-HapYTc>



**ACTIVITIES:**  
<https://www.youtube.com/watch?v=8q3-WUmS0Wvi&t=185s>

**ACTIVITIES:**  
<https://www.youtube.com/watch?v=Qxz-SHRbLAX4>

**ACTIVITIES:**  
<https://www.youtube.com/watch?v=XK-n5bn-YXmE>

**ACTIVITIES:**  
<https://www.youtube.com/watch?v=xCNCBw5Z61E>

**ACTIVITIES:**  
[https://www.youtube.com/watch?v=iCYBk-Nht\\_j8](https://www.youtube.com/watch?v=iCYBk-Nht_j8)



**RELAXATION:**  
<https://www.youtube.com/watch?v=QQCnWvvrO8U>

**RELAXATION:**  
<https://www.youtube.com/watch?v=so8Q-N9an3t8>

**RELAXATION:**  
<https://www.youtube.com/watch?v=Dvb-4RpJYBQ>

**RELAXATION:**  
<https://www.youtube.com/watch?v=7i0t-UVNHfLA>

**RELAXATION:**  
<https://www.youtube.com/watch?v=FEJlp-lmGg>