



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

IN THE MORNING



YOGA:
https://www.youtube.com/watch?v=X7_msNbSjhw

YOGA:
<https://www.youtube.com/watch?v=YiFm-nVvEfy>

YOGA:
<https://www.youtube.com/watch?v=F1d-D6wqJ7OY>

YOGA:
<https://www.youtube.com/watch?v=QHht9Xvf1fA&t=283s>

YOGA:
<https://www.youtube.com/watch?v=iGu-MknzKMxM>



FITNESS:
<https://www.youtube.com/watch?v=0skun-YNQdhI>

FITNESS:
<https://www.youtube.com/watch?v=lc1Ag9m7XQo&t=1300s>

FITNESS:
<https://www.youtube.com/watch?v=ZW-k19OVon2k>

FITNESS:
https://www.youtube.com/watch?v=t8e4X-tr5_W0

FITNESS:
https://www.youtube.com/watch?v=TUp2_VAHlrI



DANCING:
<https://www.youtube.com/watch?v=qTc-qujBwsW4>

DANCING:
https://www.youtube.com/watch?v=sHd2-s_saYsQ

DANCING
<https://www.youtube.com/watch?v=AuePI-G9HJpU&t=210s>

DANCING:
https://www.youtube.com/watch?v=xFu_b-S4xfCY

DANCING:
<https://www.youtube.com/watch?v=qhiKo-nAfFs8>

IN THE AFTERNOON



GAMES:
<https://www.youtube.com/watch?v=awum-WQgnezw&t=6s>

GAMES:
<https://www.youtube.com/watch?v=Gmf-MadKlnTc>

GAMES:
<https://www.youtube.com/watch?v=D6riL-tetu-l>

GAMES:
https://www.youtube.com/watch?v=AgG-Y_CvGxAM

GAMES:
<https://www.youtube.com/watch?v=4Gi-LGxxV3mk>



ACTIVITIES:
<https://www.youtube.com/watch?v=xCNcB-w5Z61E&t=6s>

ACTIVITIES:
<https://www.youtube.com/watch?v=ZJe-XzJ352k>

ACTIVITIES:
https://www.youtube.com/watch?v=BaX-WuA_mxe0

ACTIVITIES:
<https://www.youtube.com/watch?v=Oro1Y-z7zfQs>

ACTIVITIES:
<https://www.youtube.com/watch?v=wQc-NpP8lk2w>



RELAXATION:
https://www.youtube.com/watch?v=xpE_3oT2t2U&list=PLkQMR1x-LaMovAMaf6hfFzARI283zIEBQK&index=6

RELAXATION:
<https://www.youtube.com/watch?v=X462QPGZQt4>

RELAXATION:
<https://www.youtube.com/watch?v=QS2y-DmWk0vs>

RELAXATION:
https://www.youtube.com/watch?v=SL_b-BhKKP6o

RELAXATION:
<https://www.youtube.com/watch?v=ZBn-PlqQFPKs&t=40s>