fitness

BINGO JUNE 2021

| PILATES | GINGER SHOT | EXPRESS WORKOUT | CARDIO | EXPRESS WORKOUT |
|--------------------|----------------------|-------------------------------------|----------------------|-------------------------------------|
| EXPRESS WORKOUT | STRENGTH | WRITE DOWN WHAT YOU EAT TODAY | PILATES | EAT 3 COLORS |
| CARDIO | EAT 3 COLORS | WILD Card | EXPRESS WORKOUT | STRENGTH |
| EXPRESS WORKOUT | STRENGTH | COUNT YOUR BITES | STRETCH + RECOVER | WRITE DOWN WHAT YOU EAT TODAY |
| STRENGTH | STRETCH + RECOVER | CARDIO | PILATES | STRETCH + RECOVER |