

ACTIVE

Tunnel Crawl (Group)	Back-to-Back Chair	Hanumanasana (Splits Pose)	Run	Mountain Climber
Cherry Pickers	Toy Soldier	Navasana (Boat Pose)	Bhangra Kicks	Rowing (Partner)
Tittibhasana (Firefly pose)	Urdhva Dhanurasana (Wheel Pose)	FREE	Carioca (Grapevine)	Inchworm (Plank)
Jumping Jacks	Sirsasana (Headstand)	Lunges	Hop (Alternate)	Natarajasana (Dance Pose)
Head-Shoulders-Knees-Toes	Cartwheel	Push-ups	Virabhadrasana III (Warrior 3 Pose)	Crab Walk

ACTIVE

Urdhva Dhanurasana (Wheel Pose)	Bhangra Kicks	Run	Cherry Pickers	Navasana (Boat Pose)
Hanumanasana (Splits Pose)	Virabhadrasana III (Warrior 3 Pose)	Mountain Climber	Cartwheel	Rowing (Partner)
Jumping Jacks	Carioca (Grapevine)	FREE	Inchworm (Plank)	Back-to-Back Chair
Hop (Alternate)	Push-ups	Tunnel Crawl (Group)	Crab Walk	Sirsasana (Headstand)
Lunges	Natarajasana (Dance Pose)	Tittibhasana (Firefly pose)	Toy Soldier	Head-Shoulders-Knees-Toes

ACTIVE

Cartwheel	Push-ups	Bhangra Kicks	Natarajasana (Dance Pose)	Carioca (Grapevine)
Tunnel Crawl (Group)	Jumping Jacks	Lunges	Toy Soldier	Mountain Climber
Tittibhasana (Firefly pose)	Crab Walk	FREE	Sirsasana (Headstand)	Hop (Alternate)
Urdhva Dhanurasana (Wheel Pose)	Rowing (Partner)	Run	Virabhadrasana III (Warrior 3 Pose)	Hanumanasana (Splits Pose)
Inchworm (Plank)	Back-to-Back Chair	Navasana (Boat Pose)	Cherry Pickers	Head-Shoulders-Knees-Toes