

OCTOBER 2020

Grace & Flow Virtual Studio

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Fully Alive Flow - LIVE @ 7:00am	2	3
4	5 20 min At WORK 10:30am or on demand <i>no sweat, no impact</i>	6 Okanagan Sunshine Flow - LIVE @ 7:00am	7 Morning WAKEUP - LIVE @ 6:30am	8 Fully Alive Flow - LIVE @ 7:00am	9	10
11	12 <i>Thanksgiving</i>	13 Okanagan Sunshine Flow - LIVE @ 7:00am	14 IHP with Tam - LIVE @ 7:00am	15 Fully Alive Flow - LIVE @ 7:00am	16	17
18	19 20 min At WORK 10:30am or on demand <i>no sweat, no impact</i>	20 Okanagan Sunshine Flow - LIVE @ 7:00am	21 Morning WAKEUP - LIVE @ 6:30am	22 Fully Alive Flow - LIVE @ 7:00am	23	24
25	26 20 min At WORK 10:30am or on demand <i>no sweat, no impact</i>	27 Okanagan Sunshine Flow - LIVE @ 7:00am	28 IHP with Tam - LIVE @ 7:00am	29 Fully Alive Flow - LIVE @ 7:00am	30	31

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