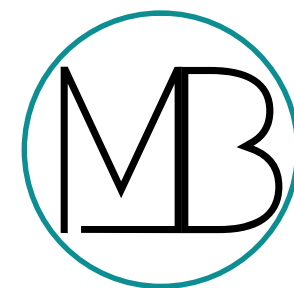


JULY 22-27



YouTube | Michelle Brierhler



MONDAY



30 MIN



TUESDAY



15 MIN



WEDNESDAY



30 MIN



THURSDAY



30 MIN



FRIDAY



20 MIN



SATURDAY



40 MIN

SUNDAY

REST DAY