



November 1st to 30th

PLANKSGIVING

Your goal is to achieve or exceed these times!

30 Days of Thanks and Planks

Nov 1: 20s	Nov 11: 1m	Nov 21: 1m45s
Nov 2: 30s	Nov 12: 1m	Nov 22: 1m45s
Nov 3: 30s	Nov 13: 1m10s	Nov 23: 2m
Nov 4: 35s	Nov 14: 1m20s	Nov 24: 2m
Nov 5: rest	Nov 15: rest	Nov 25: rest
Nov 6: 40s	Nov 16: 1m20s	Nov 26: 2m15s
Nov 7: 45s	Nov 17: 1m30s	Nov 27: 2m15s
Nov 8: 45s	Nov 18: 1m30s	Nov 28: 2m30s
Nov 9: 50s	Nov 19: 1m45s	Nov 29: 2m45s
Nov 10: rest	Nov 20: rest	Nov 30: 3m

Tag #HOYplanksgiving

Full details: <https://hotonyoga.com/colorado-springs-co/planksgiving>