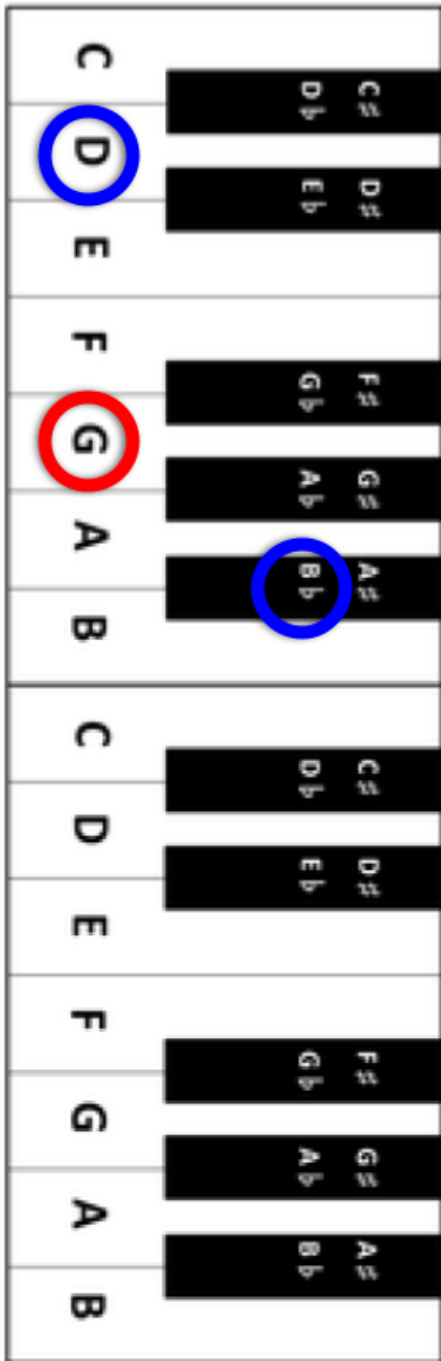


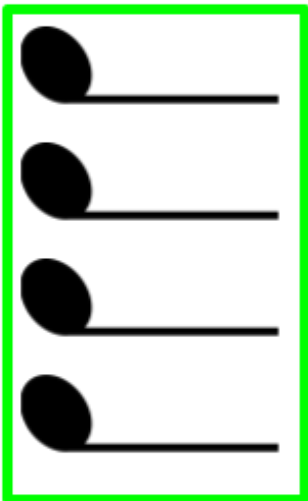
Name: _____

Goal: **Today, I will...** _____

- Set Our Goals
- Warm Up
- Como La Flor
- Clean Up
- Cool Down



or



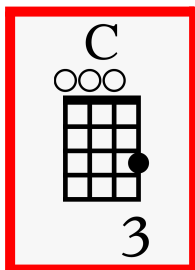
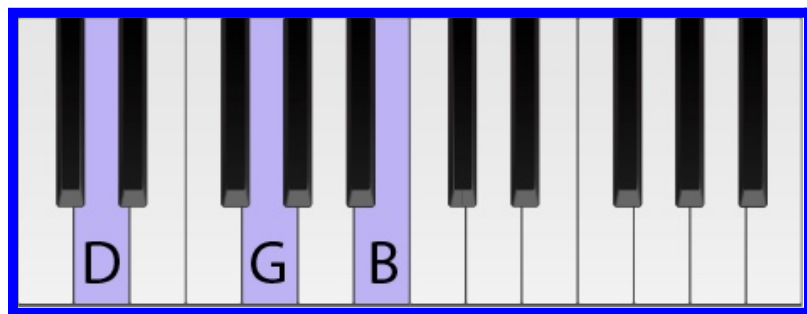
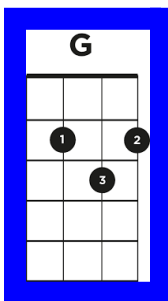
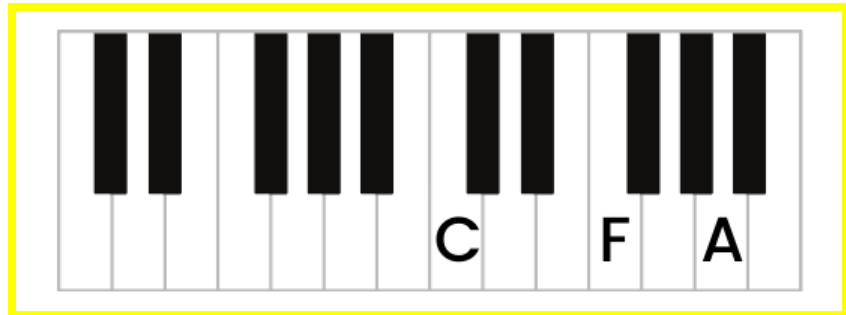
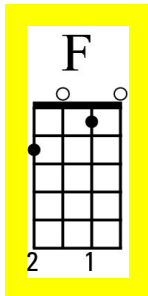
or



4X

Como La Flor

You Will Need:



F

G

C

¡A— y!... como me duele...

(Oh how it hurts!)

¡A— y!... como me duele...