

# BOX + FLOW

December 2, 2016

# Instagram

@wellandgoodnyc | 255k followers



wellandgoodnyc  
Box + Flow

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6h

wellandgoodnyc Knockout Friday workout at the new @boxandflow studio 📍. #iamwellandgood #workout #boxing #yoga #regramlove @lisaelaine

juliagarbaugh @sgsmith

carolynbrownnutrition @lisaelaine get it girrrr! 🍋🍋

gracerunstherace @michellepark NEVERENDING so many places to still explore.

gdelles @jess\_leigh625 the more I watch this, the more her form is frustrating me #extendthosearms #keepthepuncheseyelevel

equitanceusa Amazing! ❤️

afitandfabulousmichele Perfect @gracerunstherace

cysull @parkjasmine

michellepark @gracerunstherace oh



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