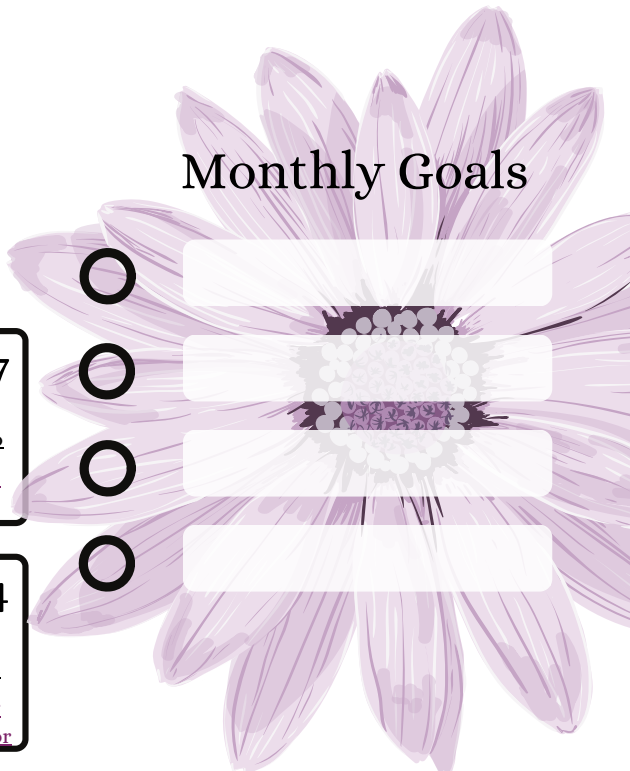


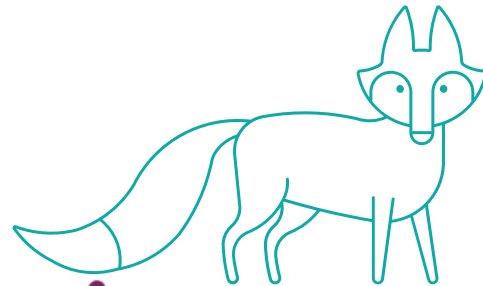
September 2024

THEME: VIXEN SUMMER

Monthly Goals



SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Dancehall Upper Body Workout</u> <u>Learn 3 Dancehall Moves</u>	2 9 <u>Twerk Moves in 20 Minutes</u>	3 30 Min <u>Cardio + Arm Dancehall Class</u>	4 15 Min <u>Beach Booty</u> <u>Quick Sexy Hip Hop Class</u>	5 <u>NEW 30 Min Basic Dancehall Jam</u>	6 REST	7 5 Min <u>Flirty Hip Hop Choreo</u> <u>Journal Prompt: Self Love</u>
8 <u>Total Body Yoga Sculpt w/ Weights</u>	9 30 Min <u>Hatha Yoga for Neck + Shoulders</u>	10 5 Min <u>Arm Work with Weights</u> 5 Min <u>Flirty Hip Hop Choreo</u>	11 15 Min <u>Butt + Thigh Workout</u> 5 Min <u>Dancehall Tutorial</u>	12 30 Min <u>Total Body Twerk</u>	13 REST	14 5 Min <u>Basic Maculele Class</u> 5 Min <u>Beginner Brazilian Warrior</u>
15 5 Min <u>Heart Opener Yoga Flow</u>	16 5 Min <u>Booty Workout (Floor)</u> 5 Min <u>How To Twerk</u>	17 30 Min <u>Core Focused Yoga</u>	18 <u>Learn 3 Dancehall Moves</u> 5 Min <u>Full Body Workout</u>	19 <u>NEW 30 Min Maculele Run</u>	20 REST	21 <u>Capoeira for Beginners x2</u>
22 30 Min <u>Booty Band Workout + Twerk</u>	23 30 Min <u>Sexy Hip Hop Dance Class</u>	24 5 Min <u>Dance Yoga for Balance</u> 3 <u>Yoga Moves for Tight Hips</u>	25 7 Min <u>Butt Shaping Workout</u>	26 <u>NEW 30 Min Kickboxing + Twerk</u>	27 REST	28 <u>Capoeira for Beginners</u> <u>Learn 2 Capoeira Moves</u>
29 <u>Capoeira Yoga Flow for Balance</u> <u>Journal Prompts: Gratitude</u>	30 <u>DAY 1 BOOTY BOOTCAMP CHALLENGE</u>					



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*All underlined words are clickable and will take you to the right video!

