


November 2024

THEME: GRATEFUL DANCER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>5 Min Total Body</u> <u>Yoga Sculpt</u>	2 <u>Barre Arms</u> <u>w/ Bands</u> <u>Upper Body</u> <u>Barre Workout</u>
3 REST	4 <u>Beginner Heels</u> <u>Dance Class</u> <u>How To Dance</u> <u>In Heels</u>	5 <u>Twerk 101</u> <u>Twerk 102</u>	6 <u>NEW 30 Min</u> <u>Bollywood Basics</u>	7 <u>5 Min Beginner</u> <u>Barre Workout</u> <u>5 Min</u> <u>Barre Tuck</u>	8 REST	9 <u>8 Min Yoga Flow</u> <u>for Energy</u>
10 <u>15 Min Booty</u> <u>Workout w/</u> <u>Bands</u>	11 <u>5 Min Easy</u> <u>Heels Dance</u> <u>Class x2</u>	12 <u>30 Min</u> <u>Kickboxing Twerk</u>	13 <u>7 Min Core</u> <u>Focused Yoga</u> <u>Sculpt</u>	14 <u>5 Min Glider</u> <u>Workout x2</u>	15 REST	16 <u>Learn 7 Heels</u> <u>Dance Moves</u> <u>Yummy Heels</u> <u>Choreo x2</u>
17 <u>15 Min Barre</u> <u>Arms</u>	18 <u>40 Min Booty</u> <u>& Heels Dance</u> <u>Class</u>	19 <u>30 Min Total</u> <u>Body Twerk</u>	20 <u>5 Min Core</u> <u>Workout</u> <u>NEW Jump</u> <u>Choreo x2</u>	21 <u>30 Min Barre</u> <u>Core Workout</u>	22 REST	23 <u>5 Min Booty</u> <u>Toning Class x2</u>
24 <u>30 Min Heels</u> <u>Dance & Strength</u> <u>Workout</u>	25 <u>15 Min Heels</u> <u>Dance Class</u>	26 <u>20 Min Twerk</u> <u>Dance Moves</u>	27 <u>Ballet Inspired</u> <u>Barre Workout</u> <u>5 Min Barre Booty</u> <u>w/ Bands</u>	28 <i>Thanksgiving</i>	29 REST	30 <u>30 Min Yoga</u> <u>Booty Sculpt</u>

Monthly Goals

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

