

S M T W T F S

LEG DAY BUTT DAY ABS DAY FULL BODY THIGHS DAY ARMS DAY REST DAY

<p>NEW YEARS DAY</p> <ul style="list-style-type: none"> • <u>NEW VIDEO</u> • <u>BUM TONING</u> <p>1</p>	<ul style="list-style-type: none"> • <u>PRETTY LITTLE WAIST</u> • <u>BEACH BODY ABS</u> <p>2</p>	<ul style="list-style-type: none"> • <u>SUMMER FIT FULL BODY</u> • <u>LOVE HANDLES BURN</u> <p>3</p>	<ul style="list-style-type: none"> • <u>FLOOR BARRE HIPS & THIGHS</u> • <u>SADDLEBAGS BURN</u> <p>4</p>	<ul style="list-style-type: none"> • <u>SWAN ARMS</u> • <u>NEW VIDEO</u> <p>5</p>		
<ul style="list-style-type: none"> • <u>CARDIO LEGS</u> • <u>SUMMERFIT LEGS</u> <p>7</p>	<ul style="list-style-type: none"> • <u>NEW VIDEO</u> • <u>BUTT BALLETLATES</u> <p>8</p>	<ul style="list-style-type: none"> • <u>BALLERINA WAIST</u> • <u>BALLET ABS</u> <p>9</p>	<ul style="list-style-type: none"> • <u>BEAUTIFUL BACK</u> • <u>TOTAL BODY SCULPTING</u> <p>10</p>	<ul style="list-style-type: none"> • <u>CURTAIN BURN</u> • <u>THIGHS, CORE & BACK</u> <p>11</p>	<ul style="list-style-type: none"> • <u>BINGO WINGS BURN</u> • <u>NEW VIDEO</u> <p>12</p>	
<ul style="list-style-type: none"> • <u>LEGS SCULPTING</u> • <u>LOVELY LEGS</u> <p>14</p>	<ul style="list-style-type: none"> • <u>NEW VIDEO</u> • <u>BUTT SCULPTING</u> <p>15</p>	<ul style="list-style-type: none"> • <u>SUMMERFIT CORE ABS</u> • <u>SLEEK OBLIQUE ABS</u> <p>16</p>	<ul style="list-style-type: none"> • <u>SUMMERFIT CARDIO</u> • <u>WORKOUT FLOW WEIGHT LOSS</u> <p>17</p>	<ul style="list-style-type: none"> • <u>HIPS & INNER THIGHS</u> • <u>TONED ABS & THIGHS</u> <p>18</p>	<ul style="list-style-type: none"> • <u>UPPER BODY & ARMS</u> • <u>NEW VIDEO</u> <p>19</p>	
<ul style="list-style-type: none"> • <u>PRETTY LONG LEGS</u> • <u>SUMMERFIT LEGS</u> <p>21</p>	<ul style="list-style-type: none"> • <u>NEW VIDEO</u> • <u>FLOOR BARRE BUTT & BACK</u> <p>22</p>	<ul style="list-style-type: none"> • <u>FLOOR BARRE WAIST TRIMDOWN</u> • <u>BEAUTIFUL ABS</u> <p>23</p>	<ul style="list-style-type: none"> • <u>CARDIO PILATES</u> • <u>TONED CALVES</u> <p>24</p>	<ul style="list-style-type: none"> • <u>INNER THIGHS & ABS</u> • <u>FLOOR BARRE HIPS & THIGHS</u> <p>25</p>	<ul style="list-style-type: none"> • <u>PRETTY ARMS & BACK</u> • <u>NEW VIDEO</u> <p>26</p>	
<ul style="list-style-type: none"> • <u>BEACH BODY LEGS</u> • <u>CARDIO LEGS</u> <p>28</p>	<ul style="list-style-type: none"> • <u>NEW VIDEO</u> • <u>SADDLEBAGS BURN</u> <p>29</p>	<ul style="list-style-type: none"> • <u>ABS SCULPTING</u> • <u>ALL ABS WORKOUT</u> <p>30</p>	<ul style="list-style-type: none"> • <u>PRETTY LEAN</u> • <u>TOTAL BODY SCULPTING</u> <p>31</p>	<p>January 2018</p>		

