

S M T W T F S

Shape up Abs	Shape Thighs	Body Shape Up	Shape up Legs	Upper Body	Shape up Booty	RELAX
- <u>Pretty Little Waist</u>	- <u>NEWEST WORKOUT</u>	- <u>Summer shape Full Body</u>	- <u>Summer Shape Legs</u>	- <u>Beautiful arms & Back</u>	- <u>Bum toning</u>	
- <u>Beautiful Abs</u>	- <u>Summer shape</u>	- <u>Long & slim Body</u>	- <u>Lovely Leas</u>	- <u>Upper body & Arms</u>	- <u>Bum Toning</u>	
- <u>Sleek Oblique Abs</u>	- <u>Long Strong Out. Thighs</u>	- <u>Love handles Burn</u>	- <u>Long & slim Legs</u>			
1	2	3	3	5	6	7
- <u>Summer shape Waist</u>	- <u>NEWEST WORKOUT</u>	- <u>Summerfit Cardio</u>	- <u>Toned Calves</u>	- <u>Swan arms</u>	- <u>Saddlebags</u>	
- <u>All Abs</u>	- <u>Love you Thighs</u>	- <u>Cardio, long & slim</u>	- <u>Toned & be. Legs</u>	- <u>Strong Arms</u>	- <u>Butt Balletlates</u>	
- <u>Long & Slim Core</u>	- <u>Saddlebags Burn</u>		- <u>Cardio Leas</u>			
8	9	10	11	12	13	14
- <u>Inner Thighs & Abs</u>	- <u>NEWEST WORKOUT</u>	- <u>Weight loss Flow</u>	- <u>Summerfit Legs</u>	- <u>Stretches for Back</u>	- <u>Butt Beach body</u>	
- <u>Ballet Abs</u>	- <u>Long Strong Out. Thighs</u>	- <u>Summer shape body</u>	- <u>Strong & Flexible Hips</u>	- <u>Beautiful Back</u>	- <u>Saddlebags</u>	
- <u>Ballerina Waist</u>	- <u>Toned Abs &</u>		- <u>Beach Body Legs</u>			
15	16	17	18	19	20	21
- <u>Floor Barre Waist</u>	- <u>NEWEST WORKOUT</u>	- <u>Cardio Pilates</u>	- <u>Strong & flexible Thiahs</u>	- <u>Love You back</u>	- <u>Barre Butt & back</u>	
- <u>Slim & Beautiful</u>	- <u>Curtain Burn</u>	- <u>Pretty Lean Body</u>	- <u>Pretty Long Legs</u>	- <u>Pretty Arms</u>	- <u>Butt Sculpting</u>	
- <u>Beach Body abs</u>	- <u>Thighs Core & Back</u>		- <u>Leas Sculptina</u>			
22	23	24	25	26	27	28
- <u>Summerfit Core</u>	- <u>NEWEST WORKOUT</u>	- <u>Body Sculpting</u>				
- <u>Slim & Beautiful Waist</u>	- <u>Hips & Inner Thighs</u>	- <u>Summerfit Cardio</u>				
- <u>Muffin top Burner</u>	- <u>Floor barre Hips &</u>					
29	30	31				

JULY 2018