

S M T W T F S

Healthy Legs Healthy Upper Body Healthy Abs Body trimdown Healthy Body Healthy Booty Rest Up

April 2020

- Cardio Legs

- NEWEST WORKOUT

-Wonderfall Waist

- 100 plies

-Graceful Body

- Strong & Flexible

-Wonderfall Inner thighs

- Graceful arms

-Gracefull Waist

- Beautiful Back

- Butt Balletlates

- Long Strong Out. Thighs

- Summerfit Legs

- Pretty Arms

- Long & Strong Abs

- Slim & Beautiful

-Wonderfall Hips

- Saddlebags Burn

- 100 plies

- NEWEST WORKOUT

- Beautiful Abs

- Summerfit Cardio

- Love you Thighs

- Summer shape

-Gracefull Legs

- Love handles Burn

- Pretty Little Waist

- Cardio, long & slim

-Pretty Lean Body

- Long & Strong

- Legs Sculpting

- Beautiful arms & Back

- Trimmed & Toned

- Strong & flexible

- Bum toning

- Total Toned Bum

- Pretty Long Legs

-Newest Workout

- Ballerina Waist

- Cardio Pilates

- Inner Thighs & Abs

- Love you Thighs

- Lovely Legs

- Swan arms

- Waist love

- Long & slim Legs

- Saddlebaqs

- Thighs Core & Back

- Toned Calves

- Stretches for Back

- Core Sculpting

- Hips & Inner Thiqhs

- Total Toned Bum

- Floor barre Hips & Thiqhs

- Summer Shape Legs

- NEWEST

- Floor Barre Waist

- 100 plies

- Toned & be. Legs

- Leg Loving

- Strong Arms

- All Abs

- Curtain Burn

- Barre Butt & back

- Long & slim Legs

- Upper body & Arms

- Long & Slim Core

- Toned Abs & Thighs

- Weight loss Flow

- Strong Arms

- Saddlebags

- Total toned body

- Slim & Beautiful
Waist

- Summer shape Waist

- Summer shape Full
Body

- Cardio Legs

- Abs & Thigh loving

-Pretty Lean Body

- Summerfit Cardio