

FEBRUARY 2025 WORKOUT CALENDAR

SUN MON TUES WED TH FRI SAT

MY "WHY": _____

2  HOME CARDIO (30)	3  FULL BODY (20)	4  STANDING DUMBBELL (20)	5  CATCH UP DAY	6  BARRE (15)	7  CARDIO WALKING (10)	8  CATCH UP DAY
9  CARDIO (30)	10  2000S DANCE WORKOUT (15)	11  DANCE & WORSHIP (20)	12  CATCH UP DAY	13  ABS (10)	14  TAYLOR SWIFT DANCE PARTY (15)	15  CATCH UP DAY
16  MICHAEL JACKSON DANCE PARTY (18)	17  FAT BURNING (20)	18  THROWBACK DANCE PARTY (15)	19  CATCH UP DAY	20  STANDING DUMBBELL (20)	21  ZUMBA (15)	22  CATCH UP DAY
23  KICKBOXING (30)	24  UPPER BODY DUMBBELLS (10)	25  ABS (10)	26  CATCH UP DAY	27  THROWBACK DANCE PARTY (15)	28  FAT BURNING (10)	