

JANUARY 2025 WORKOUT CALENDAR

SUN MON TUES WED TH FRI SAT

MY "WHY": _____

<p>1</p>  <p>2000S DANCE WORKOUT (15)</p>	<p>2</p>  <p>BARRE (15)</p>	<p>3</p>  <p>DANCE CARDIO (15)</p>	<p>4</p>  <p>CATCH UP DAY</p>
<p>5</p>  <p>HOME CARDIO (30)</p>	<p>6</p>  <p>FULL BODY (20)</p>	<p>7</p>  <p>STANDING DUMBBELL (20)</p>	<p>8</p>  <p>CATCH UP DAY</p>
<p>9</p>  <p>WALK & TONE (10)</p>	<p>10</p>  <p>CARDIO WALKING (10)</p>	<p>11</p>  <p>CATCH UP DAY</p>	
<p>12</p>  <p>ZUMBA (30)</p>	<p>13</p>  <p>CARDIO (20)</p>	<p>14</p>  <p>DUMBBELL FULL BODY (20)</p>	<p>15</p>  <p>CATCH UP DAY</p>
<p>16</p>  <p>ABS (10)</p>	<p>17</p>  <p>TAYLOR SWIFT DANCE PARTY (15)</p>	<p>18</p>  <p>CATCH UP DAY</p>	
<p>19</p>  <p>HIIT (25)</p>	<p>20</p>  <p>FAT BURNING (20)</p>	<p>21</p>  <p>THROWBACK DANCE PARTY (15)</p>	<p>22</p>  <p>CATCH UP DAY</p>
<p>23</p>  <p>STANDING DUMBBELL (20)</p>	<p>24</p>  <p>FULL-BODY (20)</p>	<p>25</p>  <p>CATCH UP DAY</p>	
<p>26</p>  <p>ZUMBA CARDIO (30)</p>	<p>27</p>  <p>UPPER BODY DUMBBELLS (10)</p>	<p>28</p>  <p>DANCE CARDIO (15)</p>	<p>29</p>  <p>CATCH UP DAY</p>
<p>30</p>  <p>FULL-BODY DUMBBELL (15)</p>	<p>31</p>  <p>BOLLYWOOD DANCE PARTY (15)</p>		

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<p>1  2000S DANCE WORKOUT (15)</p>							<p>2  FULL BODY (20)</p>	<p>3  DANCE CARDIO (15)</p>	<p>4  CATCH UP DAY</p>
<p>5  HOME CARDIO (30)</p>		<p>6  BARRE (15)</p>	<p>7  STANDING DUMBBELL (20)</p>	<p>8  CATCH UP DAY</p>	<p>9  CARDIO (10)</p>	<p>10  CARDIO WALKING (10)</p>	<p>11  CATCH UP DAY</p>		
<p>12  ZUMBA (30)</p>	<p>13  CARDIO (20)</p>	<p>14  DUMBBELL FULL BODY (20)</p>	<p>15  CATCH UP DAY</p>	<p>16  ABS (10)</p>	<p>17  TAYLOR SWIFT DANCE PARTY (15)</p>	<p>18  CATCH UP DAY</p>			
<p>19  HIIT (25)</p>	<p>20  FAT BURNING (20)</p>	<p>21  THROWBACK DANCE PARTY (15)</p>	<p>22  CATCH UP DAY</p>	<p>23  STANDING DUMBBELL (20)</p>	<p>24  FULL-BODY (20)</p>	<p>25  CATCH UP DAY</p>			
<p>26  ZUMBA CARDIO (30)</p>	<p>27  UPPER BODY DUMBBELLS (10)</p>	<p>28  DANCE CARDIO (15)</p>	<p>29  CATCH UP DAY</p>	<p>30  FULL-BODY DUMBBELL (15)</p>	<p>31  BOLLYWOOD DANCE PARTY (15)</p>				