

WORK ON SPLITS FOR 5 MINS	10 BURPEES	DO A MOVE WITH YOUR PET	PUT YOUR HAIR IN A BALLET BUN	PRACTICE AN ARABESQUE
CREATE A DOWN THE HALL COMBO	WORK ON RELEVES	PRACTICE PIROUETTES EN DEHORS	3 DIFFERENT ARABESQUES	PUT ON A COSTUME & IMPROV
WATCH A DANCE MOVIE	WORK OUT A WARM UP JUMP EXERCISE	DANCE!	4 POSITIONS OF ARMS	GRANDS BATTEMENT
HOLD A BALANCE ON 1 LEG FOR 1 MIN	TEACH A PARENT KICK BALLCHANGE	INVENT 3 POSES FOR PHOTO DAY	DO JAZZ EXERCISE TO BALLET MUSIC	PRACTICE PERFORMANCE FACES
DO A PORTS DE BRAS WITH A PET	CHANE TURNS SAFELY AROUND HOUSE	PRATICE JETES	WORKOUT 4 ISOLATIONS	DO A BALLET EXERCISE TO POP MUSIC

WORK OUT A WARM UP JUMP EXERCISE	3 DIFFERENT ARABESQUES	PUT YOUR HAIR IN A BALLET BUN	CREATE A DOWN THE HALL COMBO	PRACTICE PIROUETTES EN DEHORS
DO A MOVE WITH YOUR PET	WORKOUT 4 ISOLATIONS	PRACTICE AN ARABESQUE	CHANE TURNS SAFELY AROUND HOUSE	PUT ON A COSTUME & IMPROV
HOLD A BALANCE ON 1 LEG FOR 1 MIN	4 POSTIONS OF ARMS	DANCE!	GRANDS BATTEMENT	10 BURPEES
DO JAZZ EXERCISE TO BALLET MUSIC	PRATICE JETES	WORK ON SPLITS FOR 5 MINS	DO A BALLET EXERCISE TO POP MUSIC	TEACH A PARENT KICK BALLCHANGE
INVENT 3 POSES FOR PHOTO DAY	PRACTICE PERFORMANCE FACES	WATCH A DANCE MOVIE	WORK ON RELEVES	DO A PORTS DE BRAS WITH A PET

CHANE TURNS SAFELY AROUND HOUSE	PRATICE JETES	3 DIFFERENT ARABESQUES	PRACTICE PERFORMANCE FACES	4 POSTIONS OF ARMS
WORK ON SPLITS FOR 5 MINS	HOLD A BALANCE ON 1 LEG FOR 1 MIN	INVENT 3 POSES FOR PHOTO DAY	WORK ON RELEVES	PRACTICE AN ARABESQUE
WATCH A DANCE MOVIE	DO A BALLET EXERCISE TO POP MUSIC	DANCE!	TEACH A PARENT KICK BALLCHANGE	DO JAZZ EXERCISE TO BALLET MUSIC
WORK OUT A WARM UP JUMP EXERCISE	PUT ON A COSTUME & IMPROV	PUT YOUR HAIR IN A BALLET BUN	WORKOUT 4 ISOLATIONS	DO A MOVE WITH YOUR PET
GRANDS BATTEMENT	10 BURPEES	PRACTICE PIROUETTES EN DEHORS	CREATE A DOWN THE HALL COMBO	DO A PORTS DE BRAS WITH A PET