

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

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DO A BALLET EXERCISE TO POP MUSIC	WORK OUT A WARM UP JUMP EXERCISE	PRACTICE AN ARABESQUE	CHANE TURNS SAFELY AROUND YOUR HOUSE	PRACTICE PIROUETTES
HOLD A BALANCE ON 1 LEG FOR A MIN	4 POSTITIONS OF THE ARMS	DANCE!	DO A PORT DE BRAS	10 BURPEES
DO A JAZZ EXERCISE TO CLASSICAL MUSIC	PRACTICE PERFORMANCE FACES	WORK ON RELEVES	DO 4 BODY ISOLATIONS	PUT YOUR HAIR IN A BALLET BUN
INVENT 3 POSES FOR PHOTO DAY	PRACTICE GRAND BATTEMENT	TEACH A PARENT KICK BALLCHANGE	WATCH A DANCE MOVIE	DO A DANCE MOVE WITH YOUR PET

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