



MAY 2026

Name:

Position:



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 	02 
03  SAUTÉ (SOH-TAY) TO JUMP	04 	05 	06 	07 <i>You Pick four</i>	08 	09 
10  DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE	11 	12 	13  20 SITUPS or more	14 	15 	16  UPLOAD YOUR FINISHED CALENDAR TODAY
17  PAS DE CHAT (PA-DE-SHA) STEP OF THE CAT	18 	19  20 JUMPING JACKS or more	20 	21 	22 	23 
24  PLIÉ (PLEE-YE) BENDING THE KNEES	25 	26 	27 	28 	29 	30/31 