



# APRIL 2026

Name:

Position:



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05 <b>ROND DE JAMBE</b> (RAWN-DUH-ZHANN) ROUND OF LEG	06	07	08	09 20 JUMPING JACKS or more	10	11
12 <b>DÉGAGÉ</b> (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE	13	14	15 20 SITUPS or more	16	17	18
19 <b>PAS DE CHAT</b> (PA-DE-SHA) STEP OF THE CAT	20	21	22	23	24	25
26 <b>SAUTÉ</b> (SOH-TAY) TO JUMP	27	28	29	30		