OCTOBER 2025

Name:

Position:

CHALLENGE

14 DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 	02 	03 	04 
05  PREPARE YOUR DANCE BAG	06 	07  20 JUMPING JACKS or more	08 	09 	10 	11 
12  **PASSÉ** (PA-SAY) WORKING LEG PASSES THE KNEE OF THE SUPPORTING LEG FROM ONE POSITION TO ANOTHER	13 	14 You Pick Two	15  For Pre-level 2: standing on one leg for 30 sec, for level 3 + hold passe for one minute	16 	17 	18 
19  MAKE YOUR BED	20 	21 	22 	23 	24 	25 
26  **PLIÉ** (PLEE-YE) BENDING THE KNEES	27 	28 	29 	30 PLANK 30 SEC FAMILY CHALLENGE	31	