



FEBURARY 2026

Name:

Position:

CHALLENGE

14
DAYS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|---|
| 01  ROND DE JAMBE (RAWN-DUH-ZAHNB) ROUND OF LEG | 02  | 03  | 04  | 05  | 06  | 07  |
| 08  PLIÉ (PLEE-YE) BENDING THE KNEES | 09  | 10  | 11  | 12  | 13  | 14  |
| 15  DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE | 16 <i>You Pick Two</i> | 17  | 18  20 JUMPING JACKS or more | 19  | 20  | 21  |
| 22  PAS DE CHAT (PA-DE-SHA) STEP OF THE CAT | 23  | 24  | 25  | 26  | 27  | 28  |
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