

February

2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1 (30) Bodyweight Strength
2 (30) Pilates	3 (30) Cardio Crush	4 (30) Upper Strength	5 (30) Sculpt Band	6 (30) Ultimate Strength	7 (30) Yoga	8 (30) Bodyweight Sculpt
9 (30) Total Body Barre	10 (30) Lower Body Sculpt	11 (30) Gentle Yoga	12 (30) Signature Barre	13 (30) Advanced Booty Sculpt	14 (30) Arms + Thighs Sculpt	15 (30) Level Up Tone
16 (30) Cardio Bands	17 (30) Head to Toe Stretch	18 (30) Arms + Back	19 (30) Cardio Abs + Booty	20 (30) Power Barre	21 (30) Total Body Quickie	22 (30) Sweat Factor
23 (30) Stretch + Breathe	24 (30) Strength Barre	25 (30) Couples Strength + Cardio	26 (30) Awesome Arms	27 (30) Abs Circuit	28 (30) Pilates Core	

NOTES:

TOP PRIORITIES:
