

May 2026

25-Day Memorial Day Challenge

MON	TUE	WED	THU	FRI	SAT	SUN
				1 (45) Total Body Sculpt	2 (30) Buns, Hips, & Thigh Sizzle	3 (30) Cardio Crush
4 (30) Afternoon Stretch	5 (30) Lower Strength	6 (30) Classic Barre	7 (30) Yoga	8 (45) Total Body Strength	9 (30) Sculpt	10 (30) Spring into Strength
11 (30) Gentle Yoga	12 (30) Sculpt	13 (30) Advanced Booty Sculpt	14 (45) Mat Pilates	15 (25) Inner/Outer Thighs	16 (30) Stretch It Out	17 (30) Summer Sculpt
18 (30) Strength	19 (30) Cardio	20 (30) Dynamic Chair Stretch	21 (25) Strength	22 (30) Defined Arms	23 (30) Stretch and Breath	24 (20) Cardio Barre
25 (30) Dynamic Total Body	26	27	28	29	30	31

NOTES:

TOP GOALS/PRIORITIES
