

2020

Balletomane's January Plan



sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1- Happy New Year! Read the new Balletomane blog post	2- Back to the grind, stretch for audition season :)	3- Prepare your photos, leotards, and forms for auditions!	4- Take a nice Saturday class, and treat yourself to a coffee
5- Good Luck for your Auditions!	6- Spice Monday class up by wearing a fun colored leotard	7- Try this ab workout: 2 min plank, 50 sit-ups, 3 min of mountain climbers	8- Take time to watch a ballet video: I love the Swan Lake Pas De Deux Entrée!	9- Smoothie time! Try: OJ, Mango, Strawberry, Ice, and Banana mixed in a blender!	10- Relax, do a face mask	11- Take a morning run to get ready for your audition! (Connect with nature :)
12- Meal Prep for the week, try rotating three different meals for lunch	13- Take 15 mins to strengthen your feet with a Theraband	14- *INCOMING BLOG* Watch out for Tutu Tuesday!	15- Try this dynamic warm-up: 50 jumping jacks, 50 back-ups, 15 leg swings, 10 arm circles	16- Post a #TBT ballet picture on your Instagram Story	17- Healthy pizza night! Try cauliflower crust :)	18- It's a lucky audition weekend! You've worked hard, go grab a cupcake ♡
19- Take time to watch a ballet video: I love Forsythe's "In The Upper Room"	20- Smoothie Time! Try: OJ, Blueberry, Blackberry, Ice, and Strawberry mixed in a blender!	21- Try a new leotard/skirt combo for class	22- Shopping! Go buy yourself some new ballet goodies	23- Try this ab workout: 2 min plank, 50 sit-ups, 3 min of mountain climbers	24- Go watch @biscuitballerina's Falling Friday for a good laugh!	25- Meal Prep for the week, try rotating three different meals for lunch
26- Bolshoi in Cinema @12:55PM EST → Go see Giselle!	27- STRETCHING TIME ☆	28- *INCOMING BLOG* Watch out for Tutu Tuesday!	29- It's Hump Day, take a special Instagram Story photo	30- Try a french twist hairstyle for class :)	31- You survived the bulk of the audition season! Take a rest :)	