



Balletomane's February Plan



sunday	monday	tuesday	wednesday	thursday	friday	saturday
						<p>1 Happy February! Read the new Balletomane blog post!</p>
<p>2 Try a new workout: 2 min plank, 50 sit-ups, 3 min of mountain climbers</p>	<p>3 Spice Monday class up by wearing a fun colored leotard</p>	<p>4 Try a new leotard/skirt combo for class</p>	<p>5 Take 15 mins to strengthen your feet with a Theraband</p>	<p>6 Post a #TBT ballet picture on your Instagram Story</p>	<p>7 Go watch @biscuitballerina's Falling Friday for a good laugh!</p>	<p>8 Smoothie Time! Try: OJ, Blueberry, Blackberry, Ice, and Strawberry mixed in a blender!</p>
<p>9 Shopping! Go buy yourself some new ballet goodies</p>	<p>10-Take time to watch a ballet video: I love to watch Carmen!</p>	<p>11 *INCOMING BLOG* Watch out for Tutu Tuesday!</p>	<p>12 It's Hump Day, take a special Instagram Story photo</p>	<p>13 Try a french twist hairstyle for class :)</p>	<p>14 Valentine's Day! </p>	<p>15 Meal Prep for the week, try rotating three different meals for lunch</p>
<p>16 Smoothie Time! Try: OJ, Blueberry, Blackberry, Ice, and Strawberry mixed in a blender!</p>	<p>17-Relax, do a face mask</p>	<p>18 *INCOMING BLOG* Watch out for Tutu Tuesday!</p>	<p>19-Try this dynamic warm-up: 50 jumping jacks, 50 back-ups, 15 leg swings, 10 arm circles</p>	<p>20 Post a #TBT ballet picture on your Instagram Story</p>	<p>21 You've worked hard, go grab a cupcake! </p>	<p>22 STRETCHING TIME! ★</p>
<p>23 Try this dynamic warm-up: 50 jumping jacks, 50 back-ups, 15 leg swings, 10 arm circles</p>	<p>24 Spice Monday class up by wearing a fun colored leotard</p>	<p>25 *INCOMING BLOG* Watch out for Tutu Tuesday!</p>	<p>26 It's Hump Day, take a special Instagram Story photo</p>	<p>27 Take 15 mins to strengthen your feet with a Theraband</p>	<p>28 Paint your nails and have a fun Friday with the girls!</p>	<p>29 Take a morning run to get ready for your audition! Connect with nature :)</p>