



Balletomane's April Calendar



| sunday | monday | tuesday | wednesday | thursday | friday | saturday |
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| | | | <p>1 Happy April! Watch Moscow Ballet's stream of "The Tsar's Bride"</p> | <p>2 Post a #TBT photo on your Instagram</p>  | <p>3 Go watch @biscuitballerina's falling friday!</p>  | <p>4 Smoothie time!</p> <p>Try: OJ, blueberry, Blackberry, ice, and strawberry</p> |
| <p>5 Stretching Sunday: take 30 mins to stretch and roll out your muscles</p> | <p>6 Carolina Ballet releases a new ballet of the week online, go take a look!</p> | <p>7 Watch Moscow Ballet's stream of "Marco Spada" for your daily ballet fill</p> | <p>8 Barre with your favorite ballet star! Look @ Instagram lives</p> | <p>9 Bake cupcakes today!</p> | <p>10 Watch Moscow Ballet's stream of "The Nutcracker"</p> | <p>11 Plan your meals for next week, try some salad variations!</p>  |
| <p>12 Relax, do a face mask!</p>  | <p>13 Try a new workout, spice your quarantine routine up</p> | <p>14 *INCOMING BLOG* Watch out for Tutu Tuesday</p> | <p>15 It's Hump Day! Post a selfie on your IG Story</p> | <p>16 Barre with a YAGP Alum (look at @yagp on Instagram to find your faves)</p> | <p>17 Facetime your ballet besties and do barre with them! (rotate teaching exercises)</p> | <p>18 Take a morning run outside --FRESH AIR</p> |
| <p>19 Watch the YAGP Final Round 2019 on Youtube</p>  | <p>20 What's your favorite Balletomane post? Mine are always the Tutu Tuesdays! Such pretty photos.</p> | <p>21 Theraband Tuesday: time to stretch/strengthen your feet for 15 mins</p> | <p>22 Take time to watch your favorite ballet on Youtube (I will be watching Don Quixote)</p> | <p>23 Plan your dream ballet outfit: brainstorm by "shopping" online :)</p> | <p>24 You can't get enough of @biscuitballerina's Falling friday!</p> | <p>25 Try a new hairstyle you can wear to ballet class next time!</p> |
| <p>26 Have a self-care day! Paint your nails today!</p>  | <p>27 Smoothie time!</p> <p>Try: OJ, strawberry, mango, banana, and ice</p> | <p>28 *INCOMING BLOG* Watch out for Tutu Tuesday</p> | <p>29 Take barre with Isabella Boylston (there are so many videos on IG and Youtube)</p> | <p>30 Try a Tik Tok dance, maybe attempt "the Renegade"</p> | | |