




Balletomane's June Calendar



sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 Happy June! Celebrate summer with a walk in the garden	2 Learn a new variation on Youtube --one that you can do in your quarantine studio :)	3 Smoothie time! Try: OJ, blueberry, Blackberry, ice, and strawberry	4 Theraband Thursday: time to stretch/strengthen your feet for 15 mins	5 Barre with your favorite ballet star! Look @ Instagram lives	6 Wear a fun leotard and warm-up combination for class!
7 Stretching Sunday: take 30 mins to stretch and roll out your muscles	8 Check the UV index and tan outside	9 Take a morning run outside --FRESH AIR	10 Watch the timeless film "First Position"	11 Bake cupcakes today!	12 Plan your dream ballet outfit: brainstorm by "shopping" online :)	13 What's your favorite Balletomane post? Mine are always the Tutu Tuesdays! Such pretty photos.
14 Have a self-care day! Paint your nails today! 	15 Relax, do a face mask! 	16 *INCOMING BLOG* Watch out for Tutu Tuesday	17 It's Hump Day! Post a selfie on your IG Story	18 Take an hour to roll out and stretch after class	19 You can't get enough of @biscuitballerina's Falling Friday!	20 Try a Chole Ting ab workout today! Core stabilization is key for dancers
21 Stretching Sunday: take 30 mins to stretch and roll out your muscles	22 Smoothie time! Try: OJ, blueberry, Blackberry, ice, and strawberry	23 Try a new hairstyle you can wear to ballet class next time!	24 It's Hump Day! Post a selfie on your IG Story	25 Post a #TBT photo on your Instagram 	26 Go watch @biscuitballerina's falling Friday! 	27 Make your bun pop with some hair accessories
28 Facetime your ballet besties and do barre with them! (rotate teaching exercises)	29 Barre with a YAGP Alum (look at @yagp on Instagram to find your faves)	30 New blog post up about different type of dance shoes 				