



30-DAY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DAY 01 Karate Kardio	DAY 02 Total Body Killer Core	DAY 03 Street Dance Cardio	DAY 04 Core Incinerator	DAY 05 Fight Fit	DAY 06 COREdio
DAY 07 REST	DAY 08 HIIT Where It Counts	DAY 09 Karate Core	DAY 10 Total Body Shred	DAY 11 Booty Building Boxing	DAY 12 Superhero Cardio	DAY 13 Fight Flow
DAY 14 REST	DAY 15 MMA Dance Cardio	DAY 16 Total Body Shred	DAY 17 Karate Kardio	DAY 18 Burn Like a Boss	DAY 19 COREdio	DAY 20 Revive and Restore
DAY 21 REST	DAY 22 Total Body Killer Core	DAY 23 HIIT It	DAY 24 Power Resistance	DAY 25 HIIT Where It Counts	DAY 26 Karate Core	DAY 27 Street Dance Cardio
DAY 28 REST	DAY 29 Power Resistance	DAY 30 Fight Fit				

