






















































OCTOBER 2024

Name:
Position:

CHALLENGE
14
DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01  	02  List two things that you've noticed from the picture and one thing you can apply in the class - need parents assist	03  	04  Practice my Ballet hair bun level 3 and under need parent's help, level 3 + do it yourself	05 
06  PLIÉ (PLEE-YE) BENDING THE KNEES	07  	08  	09  	10   for level 3/4 superman pose	11  	12 
13 	14    level 3/4 scan QR code for Assemblé practice	15  	16  	17  	18    for level 3/4 60 seconds plank	19 
20  TENDU (TAHN-DEW) EXTENDING THE LEG	21  	22  	23  	24  20 SIT UPS or more	25    level 3/4 scan QR code for Temps Levé Pas De Chat practice	26 
27 	28  	29  	30  	31  Scan the QR code TAKE THE QUIZ AND WATCH THE VIDEO FROM FEEDBACK		