

2026 January						
THEME: Heart Coherence & Emotional Reset						
(All times listed in Pacific Time)						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Day 614	Day 615	Day 616	Day 617	Day 618	Day 619	Day 620
Ed Sheeran & Elton John - Merry Christmas	Snow Flake Shuffle	Indina Menzel - Let it Go!	AJR - Bang	Hello 2026 - The Ultimate New Years Song	Nina Simone - Feeling Good [Joel Corry Remix]	Usher - DJ Got Us Fallin in Love
	7am - PQ Integration (Invitation Only)	7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
4	5	6	7	8	9	10
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Day 621	Day 622	Day 623	Day 624	Day 625	Day 626	Day 627
Alan Jackson - Chattahoochee	Wham - Wake Me Up	Andy Grammer - Honey I'm Good	Alex Warren ft Jelly Roll - Bloodline	Twice - Strategy (feat. Megan Thee Stallion)	Nina Simone - Feeling Good [Joel Corry Remix]	Big Pig - I Can't Break Away
		7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
				6pm - HERO - Week 1		
11	12	13	14	15	16	17
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Day 628	Day 629	Day 630	Day 631	Day 632	Day 633	Day 634
Bill Haley - New Rock the Joint	Wham - Wake Me Up	Zedd, Maren Morris, Grey - The Middle	Dr Hook - Sexy Eyes	Earth, Wind & Fire – Celebrate	Nina Simone - Feeling Good [Joel Corry Remix]	Haddaway - What is Love
	7am - PQ Integration (Invitation Only)	7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
				6pm - HERO - Week 2	7am-Noon - SS Certification	
18	19	20	21	22	23	24
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Day 635	Day 636	Day 637	Day 638	Day 639	Day 640	Day 641
Alan Jackson - Good Time	Wham - Wake Me Up	Guns and Roses - Paradise City	Auryn - Saturday I'm in Love	Harry Belafonte - Jump in the Line	Nina Simone - Feeling Good [Joel Corry Remix]	Jackson Browne - Doctor My Eyes
		7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
			6pm - 7pm PT HERO Monthly Integration Call (Graduates)	6pm - HERO - Week 3	7am-Noon - SS Certification	Sacred 7 - Session I - 8am
25	26	27	28	29	30	31
6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party	6:30-6:35am - Dance Party
Day 642	Day 643	Day 644	Day 645	Day 646	Day 647	Day 648
George Ezra - Blame It On Me	Wham - Wake Me Up	Chris Montez - Let's Dance	Colbie Caillat - Bubbly	Justin Bieber - Daisies	Nina Simone - Feeling Good [Joel Corry Remix]	Michael Jackson - Wanna Be Startin' Somethin'
	7am - PQ Integration (Invitation Only)	7am - Mike Dooley - TUT	7am - Soul Spa - Open to Everyone!			
			6pm - 7pm PT The Sacred 7 Monthly Integration (Invitation Only)	6pm - HERO - Week 4	7am-Noon - SS Certification	