



# DEC2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

Full Body  
Strength and  
Cardio

02

Full Body  
Strength and  
Cardio

03

04

No Streaming  
Home Workout

05

06

07

Full Body  
Strength and  
Cardio

08

09

IN PERSON  
Christmas Party  
Workout

10

11

Flow and Core

12

13

14

Full Body  
Strength and  
Cardio

15

16

Lower Body

17

18

Upper Body

19

20

21

Full Body  
Strength and  
Cardio

22

23

Full Body 12  
Days of  
Christmas

24

25

Full Body  
Strength and  
Cardio

26

27

28

Full Body  
Strength and  
Cardio

29

30

Full Body  
Strength and  
Cardio

31