

DATE/CLASS THEME

100

ROLL DOWN/ UP

SINGLE LEG CIRCLES

ROLLING LIKE A BALL

SINGLE LEG STRETCH

DOUBLE LEG STRETCH

SINGLE STRAIGHT LEG STRETCH

DOUBLE STRAIGHT LEG STRETCH

CRISS CROSS

SPINE STRETCH FROWARD

NECK ROLL

SIDE KICKS

FRONT/BACK

UP/DOWN

CIRCLES

BEATS

SEAL

ENDING: