

kay gal co.

W E E K L Y P L A N N E R

MONDAY

- PELOTON BARRE
- 20 MINUTE CARDIO
- PLANK CHALLENGE

TUESDAY

- PELOTON ARMS
- 20 MINUTE CARDIO
- PLANK CHALLENGE

WEDNESDAY

- PELOTON BARRE
- 20 MINUTE CARDIO
- PLANK CHALLENGE

THURSDAY

- PELOTON ARMS
- 20 MINUTE CARDIO
- PLANK CHALLENGE

FRIDAY

- PELOTON BARRE
- 20 MINUTE CARDIO
- PLANK CHALLENGE

SATURDAY

- FAMILY TIME
- SELF-CARE

SUNDAY

- 20 MINUTE YOGA
- PLANK CHALLENGE

notes

*I am
enough*