



SunstoneFIT.com/barre
SunstoneFIT.com/fitness

2017

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02 1 - B	03 2 - B	04 3 - B	05 4 - B	06 5 - B	07 1 - B	08 6 - B
09 7 - A	10 8 - A	11 9 - A	12 10 - A	13 11 - A	14 12 - A	15 9 - A
16 8 - C	17 7 - C	18 6 - C	19 5 - C	20 4 - C	21 3 - C	22 2 - C
23 10 - B	24 11 - B	25 12 - B	26 1 - B	27 2 - B	28 7 - B	29 4 - B
30 5 - C	31 6 - C	01	02	03	04	05



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2017

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
		10 - C	7 - C	8 - C	1 - C	11 - C
06	07	08	09	10	11	12
1 - B	5 - B	4 - B	12 - B	7 - B	9 - B	5 - B
13	14	15	16	17	18	19
6 - A	4 - A	3 - A	2 - A	1 - A	11 - A	12 - A
20	21	22	23	24	25	26
2 - C	3 - C	9 - C	5 - C	6 - C	3 - C	8 - C
27	28	01	02	03	04	05
9 - A	10 - A					



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2017

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	01	02	03	04	05
		5 - A	11 - A	12 - A	1 - A	7 - A
06	07	08	09	10	11	12
1 - C	9 - C	8 - C	7 - C	10 - C	5 - C	11 - C
13	14	15	16	17	18	19
3 - B	12 - B	11 - B	10 - B	9 - B	8 - B	4 - B
20	21	22	23	24	25	26
2 - A	1 - A	7 - A	6 - A	5 - A	12 - A	3 - A
27	28	29	30	31	01	02
1 - C	2 - C	3 - C	4 - C	5 - C		

2017

April



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
					6 - C	1 - C
03	04	05	06	07	08	09
2 - B	3 - B	4 - B	5 - B	6 - B	1 - B	2 - B
10	11	12	13	14	15	16
3 - A	4 - A	5 - A	6 - A	1 - A	2 - A	3 - A
17	18	19	20	21	22	23
4 - C	5 - C	6 - C	1 - C	2 - C	3 - C	4 - C
24	25	26	27	28	29	30
5 - B	6 - B	7 - B	8 - B	9 - B	10 - B	11 - B
01	02					



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May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 12 - C	02 1 - C	03 2 - C	04 3 - C	05 4 - C	06 5 - C	07 6 - C
08 7 - B	09 8 - B	10 9 - B	11 10 - B	12 11 - B	13 12 - B	14 1 - B
15 2 - A	16 3 - A	17 4 - A	18 5 - A	19 6 - A	20 7 - A	21 8 - A
22 9 - C	23 10 - C	24 11 - C	25 12 - C	26 1 - C	27 2 - C	28 3 - C
29 4 - B	30 5 - B	31 6 - B	01	02	03	04



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2017

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01	02	03	04
			7 - B	8 - B	9 - B	10 - B
05	06	07	08	09	10	11
11 - A	12 - A	1 - A	2 - A	3 - A	4 - A	5 - A
12	13	14	15	16	17	18
6 - B	7 - B	8 - B	9 - B	10 - B	11 - B	12 - B
19	20	21	22	23	24	25
1 - C	2 - C	3 - C	4 - C	5 - C	6 - C	7 - C
26	27	28	29	30	01	02
8 - A	9 - A	10 - A	11 - A	12 - A		

2017

July



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01 1 - A	02 2 - A
03 3 - B	04 4 - B	05 5 - B	06 6 - B	07 7 - B	08 8 - B	09 9 - B
10 9 - C	11 10 - C	12 11 - C	13 12 - C	14 1 - C	15 2 - C	16 3 - C
17 4 - A	18 5 - A	19 6 - A	20 7 - A	21 8 - A	22 9 - A	23 10 - A
24 11 - B	25 12 - B	26 1 - B	27 2 - B	28 3 - B	29 4 - B	30 5 - B
31 6 - C	01					

Barre A B C + HIIT Sequence Calendar



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2017

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 7 - C	02 8 - C	03 9 - C	04 10 - C	05 11 - C	06 12 - C
07 1 - B	08 2 - B	09 3 - B	10 4 - B	11 5 - B	12 6 - B	13 7 - B
14 8 - A	15 9 - A	16 10 - A	17 11 - A	18 12 - A	19 1 - A	20 2 - A
21 3 - C	22 4 - C	23 5 - C	24 6 - C	25 7 - C	26 8 - C	27 9 - C
28 10 - B	29 11 - B	30 12 - B	31 1 - B	01	02	03



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September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01	02	03
				2 - B	3 - B	4 - B
04	05	06	07	08	09	10
5 - A	6 - A	7 - A	8 - A	9 - A	10 - A	11 - A
11	12	13	14	15	16	17
12 - B	1 - B	2 - B	3 - B	4 - B	5 - B	6 - B
18	19	20	21	22	23	24
7 - C	8 - C	9 - C	10 - C	11 - C	12 - C	1 - C
25	26	27	28	29	30	01
2 - A	3 - A	4 - A	5 - A	6 - A	7 - A	

2017

October



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	01 8 - A
02 9 - B	03 10 - B	04 11 - B	05 12 - B	06 1 - B	07 2 - B	08 3 - B
09 4 - A	10 5 - A	11 6 - A	12 7 - A	13 8 - A	14 9 - A	15 10 - A
16 11 - C	17 12 - C	18 1 - C	19 2 - C	20 3 - C	21 4 - C	22 5 - C
23 6 - B	24 7 - B	25 8 - B	26 9 - B	27 10 - B	28 11 - B	29 12 - B
30 1 - C	31 2 - C					

Barre A B C + HIIT Sequence Calendar



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2017

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
		3 - C	4 - C	5 - C	6 - C	7 - C
06	07	08	09	10	11	12
8 - B	9 - B	10 - B	11 - B	12 - B	1 - B	2 - B
13	14	15	16	17	18	19
3 - A	4 - A	5 - A	6 - A	7 - A	8 - A	9 - A
20	21	22	23	24	25	26
10 - C	11 - C	12 - C	1 - C	2 - C	3 - C	4 - C
27	28	29	30	01	02	03
5 - B	6 - B	7 - B	8 - B			



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December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	01 9 - B	02 10 - B	03 11 - B
04 12 - A	05 1 - A	06 2 - A	07 3 - A	08 4 - A	09 5 - A	10 6 - A
11 7 - C	12 8 - C	13 9 - C	14 10 - C	15 11 - C	16 12 - C	17 1 - C
18 2 - B	19 3 - B	20 4 - B	21 5 - B	22 6 - B	23 7 - B	24 8 - B
25 9 - A	26 10 - A	27 11 - A	28 12 - A	29 1 - A	30 2 - A	31 3 - A
01	02					