

# APRIL 2025 PRACTICE CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Full Body Warm Up:</b> <a href="#">Warm Ups (Full Body)</a> [8 min]</p> <p><b>Dance Conditioning:</b> <a href="#">Feet</a> [5 min]</p> <p><b>Taconeo Class:</b> <a href="#">Tangos</a> (starting at 24:45)</p>		<p><b>Full Body Warm Up:</b> <a href="#">Esperanza Fernandez</a> [4 min]</p> <p><b>Marcaje Improv Warm Up:</b> <a href="#">Rancapino Chico, Alegrias de Cadiz</a> [5 min]</p> <p><b>Vueltas Class:</b> <a href="#">Basic Tutorial</a> [6 min] -AND- <a href="#">Basic Solea &amp; Solea por Bulerias 2</a> [5 min]</p>		<p><b>Full Body Warm Up:</b> <a href="#">Rancapino Chico</a> [5 min]</p> <p><b>Marcaje Improv Warm Up:</b> <a href="#">Israel Fernandez, Solea del Carino</a> [4 min]</p> <p><b>Braceo Class:</b> <a href="#">Farruca</a> [4 min]</p> <p><b>Palmas Class:</b> (Adv Beg) <a href="#">Trad Sevillanas</a> [4 min]</p>
<b>SEVILLANAS CHALLENGE</b>	<b>SEVILLANAS CHALLENGE</b>	<b>SEVILLANAS CHALLENGE</b>	<b>SEVILLANAS CHALLENGE</b>	<b>SEVILLANAS CHALLENGE</b>

NOTES