

THE FITNESS MARSHALL JANUARY

SUN

MON

TUE

WED

THU

FRI

SAT

1 
30 MINUTE
BOOTY ARMY
SWEAT SESSION
6 pm ET

2 
BEGINNER BURN
PLAYLIST

3 
TIKTOK MADE
ME DO IT
PLAYLIST

4 
NEW YOUTUBE
VIDEO
(CHECKPLAYLIST
4 ON YOUTUBE)

5 
60 MINUTE
BOOTY ARMY
SWEAT SESSION
6 pm ET

6 
BEST OF 2021
PLAYLIST

7 
HOT N COLD
PLAYLIST

8 
CALEBS
FAVORITES
PLAYLIST

9 
POST A RELAXING
SUNDAY PIC ON IG
TO WIN A GIFT CARD
(RULES ON IG POST)

10 
LIZZO V
SAWEETIE
PLAYLIST

11 
NEW YOUTUBE
VIDEO
(CHECKPLAYLIST
11 ON YOUTUBE)

12 
30 MINUTE
BOOTY ARMY
SWEAT SESSION
6 pm ET

13 
HEAD TO
ACTIVEBOOTY.COM!

14 
30 MINUTE
BOOTY ARMY
SWEAT SESSION
1 pm ET

15 
HALEYS
FAVORITES
PLAYLIST

16 
WATCH OUR
2021 BLOOPERS

17 
ACTIVE
RECOVERY
PLAYLIST

18 
NEW YOUTUBE
VIDEO
(CHECKPLAYLIST
18 ON YOUTUBE)

19 
BOOTY ARMY
PICKS PLAYLIST

20 
THROWBACK
PLAYLIST

21 
60 MINUTE
BOOTY ARMY
SWEAT SESSION
6 pm ET

22 
ALLISONS
FAVORITES
PLAYLIST

23 
LIVE MEMBER
HANGOUT
8 pm ET

24 
ITS THE CLIMB
PLAYLIST

25 
NEW YOUTUBE
VIDEO
(CHECKPLAYLIST
25 ON YOUTUBE)

26 
30 MINUTE
BOOTY ARMY
SWEAT SESSION
6 pm ET

27 
BREAKUP
PLAYLIST

28 
CREATE YOUR
OWN PLAYLIST

29 
POP PRINCESS
PLAYLIST

30 
CRAZY CARDIO
PLAYLIST

31 
30 MINUTE
BOOTY ARMY
SWEAT SESSION
6 pm ET


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FOR DAILY
UPDATES

TAG US IN YOUR DANCE VIDEOS

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@bootyarmyapp
#TheFitnessMarshall #BootyArmy

31 DAYS TO CELEBRATE YOUR MIND AND BODY



 /THEFITNESSMARSHALL