

The calendar grid for 2025 is organized by month (Jan to Dec) and day of the week (Sun to Sat). The activities are color-coded as follows:

- Pilates:** Pink
- Running:** Blue
- Strength:** Green
- Kickboxing:** Orange
- Mobility:** Purple
- Active Rest:** Grey

The grid shows the distribution of these activities throughout the year, with some days having multiple activities or being designated as Active Rest.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun																												
2025	Pilates							Running							Strength							Kickboxing							Mobility							Active Rest						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31											
Jan	Mon	Tue	1	Wed	2	Thu	3	Mon	Tue	4	Wed	5	Thu	6	Mon	Tue	7	Wed	8	Thu	9	Fri	10	Sat	11	Sun	12	Mon	13	Tue	14	15										
Feb	16	Mon	17	Tue	18	Wed	19	Thu	20	Fri	21	Sat	22	Sun	23	Mon	24	Tue	25	Wed	26	Thu	27	Fri	28	Sat	29	Sun	30	31												
Mar	3	Mon	4	Tue	5	Wed	6	Thu	7	Fri	8	Sat	9	Sun	10	Mon	11	Tue	12	Wed	13	Thu	14	Fri	15	Sat	16	Sun	17	18	19											
Apr	20	Mon	21	Tue	22	Wed	23	Thu	24	Fri	25	Sat	26	Sun	27	Mon	28	Tue	29	Wed	30	Thu	1	Fri	2	Sat	3	Sun	4	5	6											
May	7	Mon	8	Tue	9	Wed	10	Thu	11	Fri	12	Sat	13	Sun	14	Mon	15	Tue	16	Wed	17	Thu	18	Fri	19	Sat	20	Sun	21	22	23											
Jun	24	Mon	25	Tue	26	Wed	27	Thu	28	Fri	29	Sat	30	Sun	1	Mon	2	Tue	3	Wed	4	Thu	5	Fri	6	Sat	7	Sun	8	9	10											
Jul	13	Mon	14	Tue	15	Wed	16	Thu	17	Fri	18	Sat	19	Sun	20	Mon	21	Tue	22	Wed	23	Thu	24	Fri	25	Sat	26	Sun	27	28	29											
Aug	31	Mon	1	Tue	2	Wed	3	Thu	4	Fri	5	Sat	6	Sun	7	Mon	8	Tue	9	Wed	10	Thu	11	Fri	12	Sat	13	Sun	14	15	16											
Sep	19	Mon	20	Tue	21	Wed	22	Thu	23	Fri	24	Sat	25	Sun	26	Mon	27	Tue	28	Wed	29	Thu	30	Fri	1	Sat	2	Sun	3	4	5											
Oct	6	Mon	7	Tue	8	Wed	9	Thu	10	Fri	11	Sat	12	Sun	13	Mon	14	Tue	15	Wed	16	Thu	17	Fri	18	Sat	19	Sun	20	21	22											
Nov	23	Mon	24	Tue	25	Wed	26	Thu	27	Fri	28	Sat	29	Sun	30	Mon	1	Tue	2	Wed	3	Thu	4	Fri	5	Sat	6	Sun	7	8	9											
Dec	13	Mon	14	Tue	15	Wed	16	Thu	17	Fri	18	Sat	19	Sun	20	Mon	21	Tue	22	Wed	23	Thu	24	Fri	25	Sat	26	Sun	27	28	29											