

#MADEBYDRE PROGRAM 1

Made by Dre



WEEK 1		TIMBERLAKE TONING	Dance Cardio	USHER UPPER BODY	Dance Cardio	
WEEK 2	BOOTY TIME	Dance Cardio	brit FIT	Dance Cardio		
WEEK 3	tyga toning	Dance Cardio	XTINA CORE & MORE	Dance Cardio	TOP 40 TONING	
WEEK 4	LATIN LOVE		Dance Cardio	Balletone	Dance Cardio	

#MADEBYDRE PROGRAM 2

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WEEK 1	BEY day	Dance Cardio	KATY PERRY PARTY	Dance Cardio	MISSY MAYHEM	
WEEK 2	DIGITAL GET DOWN	Dance Cardio	<i>Good Girls Gone Bad</i>		Dance Cardio	
WEEK 3	36 pin hip hop	Dance Cardio	TIMBALAND TONING	Dance Cardio		
WEEK 4	Chris Brown Core & More	Dance Cardio		TET REMIX	Dance Cardio	

#MADEBYDRE PROGRAM 3

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WEEK 1	JLO GLOW UP	Dance Cardio	BSB & BARBELLS	Dance Cardio	TBT ONE HIT WONDERS	
WEEK 2	Dance Cardio	<i>Hot Girl Ish</i>	Dance Cardio	<i>hip hop nonstop vol 1</i>	<i>CARDI PARTY</i>	
WEEK 3	bieber fever	Dance Cardio	<i>hip hop nonstop vol 2</i>	Dance Cardio	<i>Booty Work with T-Pain</i>	
WEEK 4	TBT CLUB HITS	Dance Cardio	<i>MJ & JANET VOL 1</i>	Dance Cardio	DUETS & DUMBBELLS	

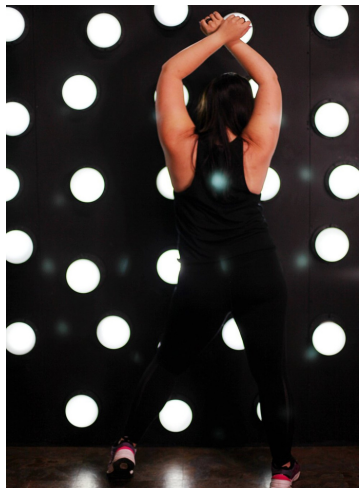
#MADEBYDRE PROGRAM 4

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	WEEK 1	MONEY MOVES	Dance Cardio	girl bands vs. boy bands	Dance Cardio	yeezy not easy	
	WEEK 2	2000S R&B	Dance Cardio	ARI ACTIVENS	Dance Cardio	BREAKUP ANTHEMS	
	WEEK 3	Unorthodox Juicebox	Dance Cardio	TBT VOLUME 5	Dance Cardio	GET AMPED	
	WEEK 4	TRL TRIS	Dance Cardio	80s Ladies	Dance Cardio	RiRi Remix	

#MADEBYDRE PROGRAM 5

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WEEK 1	<i>T.I. Twerk and tone</i>	Dance Cardio	<i>crazy 4 Jay Z</i>	Dance Cardio	HOTLANTA HIIT	
WEEK 2	BREAKUP ANTHEMS VOL 2	Dance Cardio	<i>2000S R&B VOL 2</i>	Dance Cardio	<i>OUR LIPS AND OUVRS</i>	
WEEK 3	Dance Cardio	<i>GET AMPED VOL 2</i>	Dance Cardio	<i>Brit Fit Vol 2</i>	<i>sixth grade slow jams stretch</i>	
WEEK 4	Dance Cardio	<i>Toronto Tone</i> • DANCE WITH DRAKE	Dance Cardio	<i>PINK VS PINKPRINT</i>	LILITH FAIR STRETCH	

#MADEBYDRE PROGRAM 6

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WEEK 1	TIMBERLAKE TONING VOL 2	Dance Cardio	GET AMPED VOL 3	Dance Cardio	10-30 min ESSENTIALS	SEXY SONGS STRETCH
WEEK 2	Dance Cardio	PRIDE PARADE	Dance Cardio	Drop Tops Hyp Hyp	10-30 min ESSENTIALS (REPEAT)	BOY BAND BALLAD STRETCH
WEEK 3	Dance Cardio	TBT CLUB HITZ VOL 2	Dance Cardio	2000S R&B BEATDOWN	10-30 min ESSENTIALS (REPEAT)	CINEMATIC STRETCH
WEEK 4	BEY & JAY	Dance Cardio	#NSYNC VS BSB	Dance Cardio	Queens of Rap TONING XPRESS	POWER BALLADS STRETCH

#MADEBYDRE PROGRAM 7

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WEEK 1	THE ILLEST LILS	Dance Cardio		pyramid scheme	Dance Cardio	
WEEK 2	Dance Cardio		DERULO DANCE & TONE	Dance Cardio	<i>Hips Hops Haute</i>	
WEEK 3	Dance Cardio	DOJA & DIVAS	Dance Cardio		<i>Brit Fit Vol 3</i>	
WEEK 4	Dance Cardio	TIMBERLAKE TONING VOL 3	Dance Cardio		GOOD FORM WITH NICKI MINAJ	

#MADEBYDRE PROGRAM 8

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WEEK 1	NEW Dance Cardio	<i>Ariana</i> Activations Vol 2		Dance Cardio	TBT TONING VOL 4
WEEK 2	NEW Dance Cardio	G-EAZY AIN'T EASY		Dance Cardio	PHARRELL FEEL
WEEK 3	NEW Dance Cardio	SWEATIN WITH SAWEETIE		CARDED *CORE VOL 1	TRL BIS & TRIS
WEEK 4	NEW Dance Cardio	DEATH BY DESTINY'S CHILD		Dance Cardio	MJ & JANET VOL 2

#MADEBYDRE PROGRAM 9

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WEEK 1	NEW Dance Cardio	 UPLIFTING LIFT	SEXY SONGS STRETCH	Dance Cardio	DOJA & DIVAS
WEEK 2	NEW Dance Cardio	FIGHT NIGHT 	CINEMATIC STRETCH	Dance Cardio	TBT CLUB HITZ VOL 2
WEEK 3	NEW Dance Cardio	SAMPLED STRENGTH	BOY BAND BALLAD STRETCH	NEW CHOREO DROP	 PRIDE PARADE
WEEK 4	NEW Dance Cardio	<i>Sexy Gang Strong</i>	POWER BALLADS STRETCH	Dance Cardio	HOTLANTA HIIT

#MADEBYDRE PROGRAM 10

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WEEK 1	NEW Dance Cardio	 TRAVEL TONE		<i>Brit Fit</i> Vol 2	Dance Cardio: TBT Vol 5
WEEK 2	NEW Dance Cardio	<i>throwback</i> <i>latin pop</i>		Dance Cardio	<i>GOOD FORM</i> WITH <i>NICKI MINAJ</i>
WEEK 3	NEW Dance Cardio	<i>Bey Day</i> Vol 2	NEW FAUX YOGA THROWBACK STRETCH	<i>crazy</i> 4 Jay Z	Dance Cardio
WEEK 4	NEW Dance Cardio	FLO RIDA + TYGA		CARDED *CORE VOL 1	Dance Cardio: TBT Vol 6

#MADEBYDRE PROGRAM 11

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WEEK 1	NEW Dance Cardio		GET AMPED VOL 4 	Cardio: The Dance-y One		BEY & JAY
WEEK 2	NEW Dance Cardio		TBT TONING VOL 5	LILITH FAIR STRETCH	Cardio: TBT Vol 7	 PRIDE PARADE VOL 1
WEEK 3	NEW Dance Cardio		 PRIDE PARADE VOL 2	SEXY SONGS STRETCH		<i>Drop Tops Hya Hya</i>
WEEK 4	NEW Dance Cardio	<i>10 min Essentials</i> ABS	Eminem & Missy		TIMBERLAKE TONING VOL 3	

#MADEBYDRE PROGRAM 12

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WEEK 1	NEW Dance Cardio		NELLY & 50 CENT		Cardio: Vol 1	SAMPLED STRENGTH
WEEK 2	NEW Dance Cardio		Aliyah & Rihanna		Cardio: Vol 3	G-EAZY AINT EASY
WEEK 3	NEW Dance Cardio		80S ESSENTIALS		Cardio: May #2 2022	Toronto Tone + DANCE WITH DRAKE
WEEK 4	NEW Dance Cardio		LIZZO LIFT		Cardio: Fun 45 11.6.21	PINK VS PINKPRINT

#MADEBYDRE PROGRAM 13

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WEEK 1	NEW Dance Cardio	<i>Spice Up Your Life!</i>		Cardio: May #2 2022	<i>Unorthodox Jukebox</i>	
WEEK 2	<i>throwback</i>  collabs		NEW Dance Cardio		CARDED *CORE VOL 1	Cardio: March #1 2022
WEEK 3	NEW Dance Cardio	<i>THIRST TRAP</i>		Cardio: April #3 2022		<i>Ariana Activations Vol 2</i>
WEEK 4	BEY DAY VOL 3	WALK IT OUT		*30 min* 90s/2000s Throwbacks Vol 8 - Part 1	FIGHT NIGHT	