

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
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Scales / Technical Exercises

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

OYO →

New &/or Independently →

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

OYO →

New &/or Independently →

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

OYO →

New &/or Independently→

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

OYO →

New &/or Independently →

[illegible]