

FEBRUARY PILATES SCHEDULE

A MONTHLY PLAN TO STAY CONSISTENT AND MOTIVATED!

WEEK ONE

- 01 COMPLETE FULL BODY 30
- 02 TOTAL TONE CORE 15
- 03 ACTIVE REST
- 04 TOTAL TONE GLUTES 17
- 05 UPPER BODY STRONG 20
- 06 TEMPO 20
- 07 ACTIVE REST

WEEK TWO

- 08 DEFINE FULL BODY 30
- 09 SCULPT CORE 15
- 10 ACTIVE REST
- 11 DEFINE GLUTES 20
- 12 ARMS & ABS SCULPT 20
- 13 COMPLETE FLOW 20
- 14 ACTIVE REST

WEEK THREE

- 15 TOTAL BODY 45
- 16 EVERY DAY CORE 14
- 17 ACTIVE REST
- 18 EVERY DAY GLUTES 17
- 19 EVERY DAY ARMS 15
- 20 DEFINE FULL BODY 20
- 21 ACTIVE REST

WEEK FOUR

- 22 FULL BODY FLOW 30
- 23 EVERY DAY ABS + WAIST 12
- 24 ACTIVE REST
- 25 GLUTES ON FIRE 16
- 26 DYNAMIC 20
- 27 EXPRESS STANDING 20
- 28 ACTIVE REST