

# NOVEMBER SCHEDULE

PURELY PILATES (NOV 3 - 30)

## Week 1

- 1 Super Sculpt Total Body 30
- 2 Tempo 20
- 3 Total Tone Lower 20
- 4 Just Arms & Abs 15
- 5 REST
- 6 Define Full body 27
- 7 REST

## Week 2

- 8 Full Body 30
- 9 High Intensity 20
- 10 Tone & Sculpt Lower 15
- 11 Tone & Sculpt Upper 15
- 12 REST
- 13 Tone & Sculpt 35
- 14 REST

## Week 3

- 15 Energise Flow 30
- 16 Dynamic 23
- 17 Just Glutes 20
- 18 Define Upper 15
- 19 REST
- 20 Full Body Flow 27
- 21 REST

## Week 4

- 22 Dynamic 30
- 23 Energise Express 20
- 24 Define Standing Legs 15
- 25 Super Sculpt Upper 15
- 26 REST
- 27 Strength & Stretch 35
- 28 REST



Compliment your practice with 30 minutes walking 3-4 times per week