

PILATES SCHEDULE

FEBRUARY 2ND - 28TH

Week 1

- 1 TOTAL BODY SUPER SCULPT 30
- 2 GLUTES FLOW 21
- 3 CORE: ABS & OBLIQUES 15
- 4 REST
- 5 EXPRESS SCULPT 20
- 6 POWER 40
- 7 QUICKIE WAIST 9

Week 2

- 8 FAVOURITES 30
- 9 TONE & SCULPT LOWER 15
- 10 EXPRESS ARMS & ABS 20
- 11 REST
- 12 ENERGISE EXPRESS 20
- 13 FRESH FULL BODY 40
- 14 QUICKIE GLUTES 7

Week 3

- 15 REVIVE FULL BODY 30
- 16 EXPRESS STANDING 20
- 17 COMPLETE UPPER BODY 20
- 18 REST
- 19 FLOW PILATES 20
- 20 TONE & SCULPT 38
- 21 QUICKIE ABS 9

Week 4

- 22 ENERGISE FLOW 30
- 23 DEFINE GLUTES 20
- 24 POWERHOUSE CORE 12
- 25 REST
- 26 DEFINE FULL BODY 20
- 27 CARDIO PILATES 40
- 28 QUICKIE MORNING 8

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