

21 DAY CHALLENGE: 20 MINUTES A DAY

MON 30	Full Body	MON 06	Fresh Morning	MON 13	Total Body
TUE 31	Just Glutes	TUE 07	Total Tone Legs	TUE 14	Express Standing
WED 01	Upper Body Strong	WED 08	Arms & Abs Sculpt	WED 15	Express Posture
THU 02	Dynamic Pilates	THU 09	Cardio Pilates	THU 16	Tempo Pilates
FRI 03	Complete Flow	FRI 10	Flow Full Body	FRI 17	Define
SAT 04	Active Rest Day	SAT 11	Active Rest Day	SAT 18	Active Rest Day
SUN 05	Active Rest Day	SUN 12	Active Rest Day	SUN 19	Active Rest Day

Guidance Notes: Each class is 20 minutes in length and is suitable for all levels of practice. A balanced week of Pilates with two active rest days at the weekend.

Lifestyle and other factors may mean you need to move your rest days which is totally fine - please do listen to your body, rest when you need or can.

Remember that 5 days a week is a lot! If you manage 1 a week that's a big win!

Active rest days may mean you go for a walk, cycle, swim - something that feels good in your body and gets in some healthy movement - I like to aim for 30-60 minutes of activity