



THE PILATES WORKOUTS

BEGINNER
INTERMEDIATE
ADVANCED

WITH
KATY BATH

CHOOSE YOUR PILATES

BEGINNER LEVEL

If you are completely new to Pilates or it's been a while, start here

WEEK 1

FULL BODY
20

CORE 20

WEEK 2

FULL BODY
20

CORE 20

WEEK 3

FULL BODY
FLOW 20

NEW
MORNING 20

WEEK 4

FULL BODY
FLOW 20

NEW
MORNING 20

WEEK 5

EVERY DAY
FULL BODY 20

HAPPY HIPS 20

WEEK 6

EVERY DAY
FULL BODY 20

HAPPY HIPS 20

WEEK 7

FULL BODY
20

FEEL GOOD
20

WEEK 8

FULL BODY
20

FEEL GOOD
20



You have two Pilates workouts
each week

Try to add in 30 mins cardio
such as walking/cycling etc
into your week

CHOOSE YOUR PILATES

INTERMEDIATE LEVEL

If you've been practicing a little while try these classes which are suitable for all levels.

WEEK 1

FULL BODY
20

FLOW: FULL
BODY 20

WEEK 2

TOTAL BODY
20

DEFINE FULL
BODY 20

WEEK 3

FLOW PILATES
20

SCULPT
20

WEEK 4

FRESH
MORNING
20

COMPLETE
FLOW 20

WEEK 5

FULL BODY
20

FLOW: FULL
BODY 20

WEEK 6

TOTAL BODY
20

DEFINE FULL
BODY 20

WEEK 7

FLOW PILATES
20

SCULPT
20

WEEK 8

FRESH
MORNING
20

COMPLETE
FLOW 20



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CHOOSE YOUR PILATES

ADVANCED LEVEL

If you feel ready to take your Pilates to the next level, try these classes. You'll be spending a little longer on the mat as well as challenging your practice.

WEEK 1

ULTIMATE
30

DEEP CORE 20

WEEK 2

ULTIMATE
25

CORE 20

WEEK 3

FULL BODY
33

ULTIMATE 20

WEEK 4

FULL BODY 40

EXPRESS
STRENGTH 20

WEEK 5

ULTIMATE
30

DEEP CORE 20

WEEK 6

ULTIMATE
25

CORE 20

WEEK 7

FULL BODY
33

ULTIMATE 20

WEEK 8

FULL BODY 40

EXPRESS
STRENGTH 20



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