## 24 DAYS OF PILATES 2025



WELCOME to your December advent!

Complete a unique 15 minute Pilates class with me every day.

Use the tracker to tick them as you go and see your progress.

No equipment needed, these classes are inclusive for all.

Please always listen to your body and rest as needed.

See you on the mat! Katy x

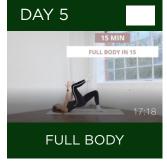
## Your daily 15 minutes Pilates advent

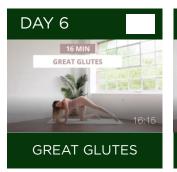












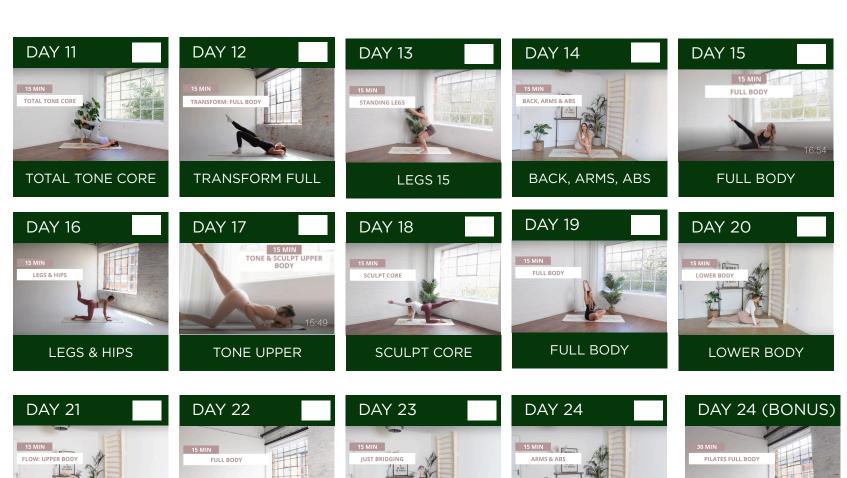








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Compliment your practice with a daily walk, cycle, run or swim for 15 minutes or more!

**BRIDGING** 

**ARMS & ABS** 

**30 MINUTE FULL** 

**FULL BODY** 

FLOW UPPER