

24 DAYS OF PILATES 2025

24 DAYS OF PILATES

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

DAY 1



15 MIN

EXPRESS
FULL BODY

EXPRESS FULL BODY

DAY 2



15 MIN

DEFINE
STANDING LEGS

DEFINE LEGS

DAY 3



15 MIN

DEFINE
UPPER BODY

DEFINE UPPER

DAY 4



15 MIN

POWER CORE

POWER CORE

DAY 5



15 MIN

FULL BODY IN 15

17:18

FULL BODY

DAY 6



16 MIN

GREAT GLUTES

16:15

GREAT GLUTES

DAY 7



15 MIN

EVERY DAY
ARMS

14:35

EVERY DAY ARMS

DAY 8



15 MIN

COMPLETE FULL BODY

15:50

COMPLETE FULL

DAY 9



15 MIN

DEFINE KILLER
GLUTES

DEFINE GLUTES

DAY 10



15 MIN

JUST ARMS & ABS

ARMS & ABS

24 DAYS OF PILATES 2025

DAY 11

15 MIN
TOTAL TONE CORE

TOTAL TONE CORE

DAY 12

15 MIN
TRANSFORM: FULL BODY

TRANSFORM FULL

DAY 13

15 MIN
STANDING LEGS

LEGS 15

DAY 14

15 MIN
BACK, ARMS & ABS

BACK, ARMS, ABS

DAY 15

15 MIN
FULL BODY

FULL BODY

DAY 16

15 MIN
LEGS & HIPS

LEGS & HIPS

DAY 17

15 MIN
TONE & SCULPT UPPER
BODY

TONE UPPER

DAY 18

15 MIN
SCULPT CORE

SCULPT CORE

DAY 19

15 MIN
FULL BODY

FULL BODY

DAY 20

15 MIN
LOWER BODY

LOWER BODY

DAY 21

15 MIN
FLOW: UPPER BODY

FLOW UPPER

DAY 22

15 MIN
FULL BODY

FULL BODY

DAY 23

15 MIN
JUST BRIDGING

BRIDGING

DAY 24

15 MIN
ARMS & ABS

ARMS & ABS

DAY 24 (BONUS)

30 MIN
PILATES FULL BODY

30 MINUTE FULL

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