

JANUARY SCHEDULE

THE PERFECT BALANCE

1  EXPRESS FEEL GOOD 20 MINS	2  EXPRESS SCULPT 20 MINS	3  WALK OR RUN 30	4  DYNAMIC 20 MINS	5  WALK OR RUN 30
6  COMPLETE STRETCH 20 MIN	7  WALK OR RUN 30	8  FLOW PILATES 20 MINS	9  EXPRESS STRENGTH 20 MINS	10  WALK OR RUN 30
11  DYNAMIC 23 MINS	12  WALK OR RUN 30	13  STRENGTH & STRETCH 30 MINS	14  WALK OR RUN 30 MINS	15  COMPLETE FLOW 20 MINS
16  LOWER BODY 34 MIN	17  WALK OR RUN 30	18  DYNAMIC PILATES 30 MINS	19  WALK OR RUN 30	20  RESTORE 30 MIN
21  COMPLETE PILATES 25 MINS	22  EXPRESS ARMS & ABS 20	23  WALK OR RUN 30	24  CARDIO & ABS 20 MIN	25  WALK OR RUN 30
26  REALIGN HIPS & SPINE 30	27  WALK OR RUN 30	28  COMPLETE PILATES 30 MINS	29  SCULPT FULL BODY 20	30  WALK OR RUN 30
31  PICK A CLASS!				

The perfect Pilates balance! 4 different style classes each week & 3 active rest days



Classic & Energising



Dynamic & higher intensity



Sculpting & Strengthening



Restorative & Gentle

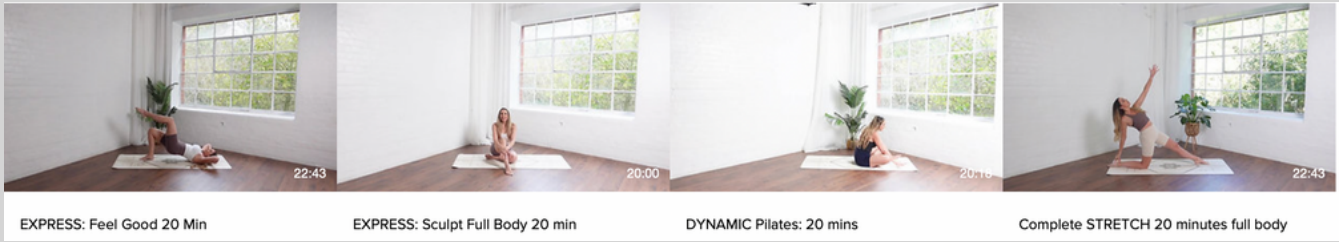


Active rest days

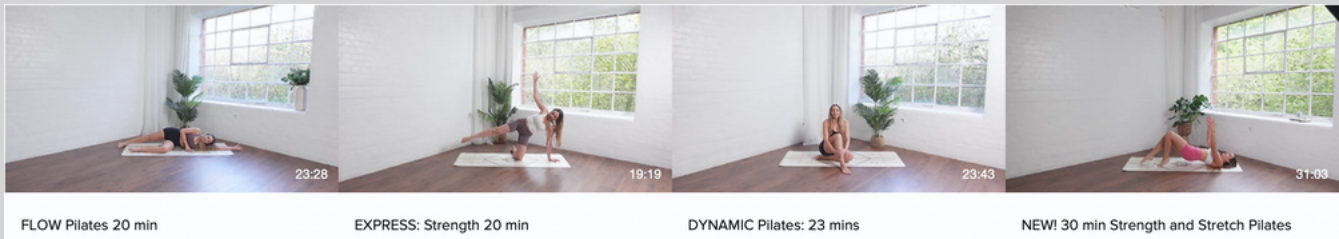
KATY BATH PILATES



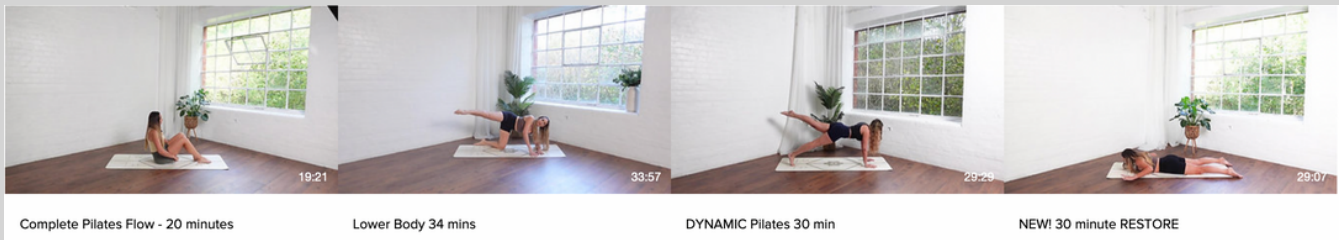
WEEK 1



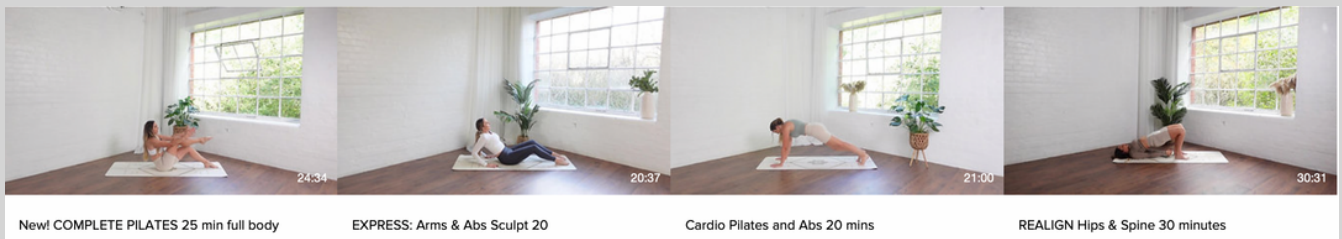
WEEK 2



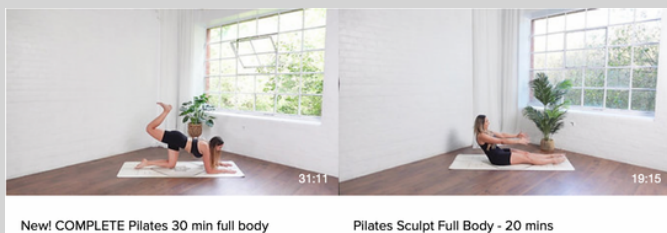
WEEK 3



WEEK 4



WEEK 5



KATY BATH PILATES

