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 - K EXPRESS STRENGTH 20 MINS	10 WALK OR RUN 30
11 DYNAMIC 23 MINS	12 WALK OR RUN 30	13 STRENTH & 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	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!				

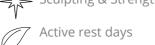
The perfect Pilates balance! 4 different style classes each week & 3 active rest days



Classic & Energising



Dynamic & higher intensity



- Sculpting & Strengthening Restorative & Gentle

THE SCHEDULE

During each week you will get four unique workouts to create the perfect Pilates balance. There are four class themes.

Class 1: Classic & Energising Class 2: Dynamic & Higher Intensity Class 3: Sculpting & Strengthening Class 4: Restorative & Gentle

ACTIVE REST

There are three days each week that are Active Rest days. I recommend 30 minutes of cardiovascular activity to perfectly compliment your practice. Always listen to your body though and take complete rest if you need it and shuffle the schedule to suit your lifestyle.

Ideally, your activity will be outside to get the amazing benefits of being in the fresh air too! Though indoor activities are completely great too.

You could walk, run, swim, cycle - choose something you enjoy!

WEEK 1



EXPRESS: Feel Good 20 Min

EXPRESS: Sculpt Full Body 20 min

DYNAMIC Pilates: 20 mins

Complete STRETCH 20 minutes full body

WEEK 2



FLOW Pilates 20 min

EXPRESS: Strength 20 min

DYNAMIC Pilates: 23 mins

NEW! 30 min Strength and Stretch Pilates

WEEK 3



Complete Pilates Flow - 20 minutes

Lower Body 34 mins

DYNAMIC Pilates 30 min

NEW! 30 minute RESTORE

WEEK 4



New! COMPLETE PILATES 25 min full body

EXPRESS: Arms & Abs Sculpt 20

Cardio Pilates and Abs 20 mins

REALIGN Hips & Spine 30 minutes

WEEK 5



New! COMPLETE Pilates 30 min full body

Pilates Sculpt Full Body - 20 mins

JANUARY SCHEDULE GUIDANCE NOTES

Welcome to the January Pilates schedule! An exciting 31 day challenge with brand new workouts that will kick start your year in the very best way for your body and mind.

You have four classes every week to complete, each with a different theme.

This is the perfect Pilates balance to strengthen, tone, stretch and improve overall fitness.

With overall health and wellbeing in mind, this schedule has been created to give you structure with three active rest days each week.

If you need to take them as full rest or move things around a little thats completely fine, please always listen to your body.

On these active rest days, I would recommend a good 30 minute walk or jog outside if possible. Though outdoors may not be always an option, you could swap to a treadmill, cycle or swim. We are aiming to improve cardiovascular health in this time as well as mental wellbeing.

If you have any concerns, need a chat or would like to share your success please email me katy@sculptpilates.co.uk I'd love to hear from you!