

DEC

Nov 30

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Dec 6

2020

MONDAY

Pilates Interval Training: Low Intensity Class

TUESDAY

Favorite Ab and Glut Exercises, Part One
or
Live Group Class at 12:15 pm EST

WEDNESDAY

New to Pilates: Full Body Workout

THURSDAY

Intermediate Pilates: Arm Shakes

FRIDAY

Restorative Pilates: Adding Load

SATURDAY

PilatesBites: Gluts Burn
or
Live Group Class at 9 am EST

SUNDAY



Rest Day

NOTES: