

MAY

May 3

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May 9

2021

MONDAY

Restorative Pilates:
Core Breath and
Pelvic Floor
Activation

TUESDAY

Prop Pilates:
Big Ball Big Fun
or
Live Group Class at
12:15 pm EST

WEDNESDAY

Restorative Pilates:
Pilates for Back
Pain

THURSDAY

New to Pilates:
Full Body Workout

FRIDAY

Intermediate
Pilates:
Core Focus

SATURDAY

Prop Pilates:
The Ball Workout
or
Live Group Class at
9 am EST

SUNDAY



Rest Day

NOTES: