

# JUL

July 26

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Aug 1

# 2021

MONDAY

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New to Pilates:  
Slow Full Body.

TUESDAY

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Intermediate  
Pilates: Gluts Abs  
Arms  
or  
Live Group Class at  
12:15 pm EST

WEDNESDAY

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Pilatesbites:  
Sliding Legs

THURSDAY

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Restorative Pilates:  
Gait Exercises

FRIDAY

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Intermediate  
Pilates:  
Find your Balance

SATURDAY

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New to Pilates:  
Full Body Workout  
or  
Live Group Class at  
9 am EST

SUNDAY

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Rest Day

NOTES: