

# JUL

July 19

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July 25

# 2021

MONDAY



Restorative Pilates:  
Therapeutic Hip  
Work

TUESDAY



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

WEDNESDAY



Pilatesbites:  
Lots of Arms

THURSDAY



Intermediate  
Pilates: Go with the  
Flow

FRIDAY



Restorative Pilates:  
Back and Spine  
Health

SATURDAY



New to Pilates: Full  
Body Glut Love  
(\*pregnancy  
friendly)  
or  
Live Group Class at  
9 am EST

SUNDAY



## Rest Day

NOTES: