

OCT

Oct 11

-

Oct 17

2021

MONDAY



Prop Pilates: Inner Thigh Ball Burner

TUESDAY



Intermediate Pilates: Arm Shakes
or
Live Group Class at 12:15 pm EST

WEDNESDAY



Prenatal Pilates Second Trimester: Standing Workout with Weights, Class Four

THURSDAY



Intermediate Pilates: Full Body Work with Weights

FRIDAY



Restorative Pilates: Playing with Body Position and Load

SATURDAY



New to Pilates: Balance Pilates
or
Live Group Class at 9 am EST

SUNDAY



Rest Day

NOTES: