

# NOV

Nov 22

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Nov 28

2021

MONDAY



Pilatesbites:  
Ab-stravaganza

TUESDAY



Restorative  
Pilates:  
Therapeutic  
Hip Work

WEDNESDAY



Intermediate  
Pilates: Playful  
Pilates

THURSDAY



Prenatal Pilates  
Second Trimester:  
Mat Work with  
Light Weights,  
Class Six

FRIDAY



Intermediate  
Pilates:  
Full Body  
Experience

SATURDAY



Pilatesbites:  
Nothing Fancy  
Pilates

SUNDAY



Rest Day

NOTES: