

JAN

Jan 10

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Jan 16

2022

MONDAY

Restorative
Pilates: Gait
Exercises

TUESDAY

Pilates Interval
Training:
Another Low
Intensity Burn

WEDNESDAY

Express Pilates:
Kitchen
Workout

THURSDAY

Restorative
Pilates: The
Chair Workout

FRIDAY

Intermediate
Pilates: Core
Focus

SATURDAY

Pilatesbites:
Full Body.

SUNDAY



Rest Day

NOTES: