

JAN

Jan 24

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Jan 30

2022

MONDAY

Intermediate
Pilates: Legs
Legs Legs

TUESDAY

Restorative
Pilates:
Therapeutic
Hip Work

WEDNESDAY

Intermediate
Pilates: Playful
Pilates

THURSDAY

New to Pilates:
Full Body Workout
focusing on
Proper Setups

FRIDAY

Intermediate
Pilates: Playful
Pilates

SATURDAY

New to Pilates:
Internal Rotation
and External
Rotation
(*pregnancy
friendly)

SUNDAY



Rest Day

NOTES: