

JUL

July 11

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July 17

2022

MONDAY



Pilatesbites: All
Obliques

TUESDAY



Pilates Interval
Training: Pyramid
One

WEDNESDAY



Pilatesbites:
Hot Legs

THURSDAY



Pilatesbites:
Reformer on the
Mat

FRIDAY



New to Pilates:
Upper and Lower

SATURDAY



Restorative
Pilates: Back and
Spine Health

SUNDAY



Rest Day

NOTES: