

MOVEMENT CALENDAR₁

M PILATES	T LOWER BODY	W UP BOD/CORE	T HIIT/CARDIO	F MOBILITY	S TOTAL BODY	S
PILATES MAT TOTAL BODY NO PROPS 48 MINS 	LOWER BODY STRENGTH PYRAMID + BANDED WORK 38 MINS 	30 MINS UPPER BODY + CORE BUILD A COMBO RESI BAND 	HIIT SUPERSETS BODYWEIGHT 27 MIN CLASS 	MOVEMENT BREAK GENTLE CHAIR MOBILITY 15 MIN CLASS 	FUNCTIONAL CIRCUITS SINGLE WEIGHT TOTAL BODY 46 MINS 	
PILATES MAT <i>bodyweight</i> 48 MINS	PYRAMID <i>weights / band</i> 38 MINS	BUILD A COMBO <i>resistance band</i> 30 MINS	HIIT SUPERSETS <i>bodyweight</i> 27 MINS	MOVE BREAK <i>chair</i> 15 MINS	FNCTNL CIRCUITS <i>one weight</i> 46 MINS	
PILATES MAT LIGHT HAND WEIGHTS 	CIRCUIT + TABATA LOWER BODY RESI BAND 36 MINS 	UPPER BODY + CORE PYRAMID 	PILATES HIIT 50 MINS / BODYWEIGHT ONLY 	HIP MOBILITY QUICK 13 MIN FLOW 	CIRCUIT + TABATA 55 MIN CLASS WEIGHTS + SLIDERS 	
PILATES MAT <i>hand weights</i> 42 MINS	CIRCUIT + TABATA <i>resistance band</i> 36 MINS	PYRAMID <i>weights</i> 35 MINS	PILATES HIIT <i>bodyweight</i> 50 MINS	HIP MOBILITY <i>no equipment</i> 13 MINS	CIRCUIT + TABATA <i>weight + slider</i> 55 MINS	
PILATES MAT WITH SLIDERS / 50 MINS 	LOWER BODY WEIGHTS 41 MINS BUILD A COMBO 	SHOULDER TLC STABILITY & MOBILITY 40 MINS W/ LONG BAND 	HIIT CIRCUITS RESISTANCE BAND 36 MIN WORKOUT 	MOBILITY 26 MIN FLOW 	PYRAMID WORKOUT STRENGTH & PLYO WITH WEIGHTS 45 MIN CLASS 	
PILATES MAT <i>sliders</i> 50 MINS	BUILD A COMBO <i>weights</i> 41 MINS	SHOULDER TLC <i>long band</i> 40 MINS	HIIT CIRCUITS <i>resistance band</i> 36 MINS	MOBILITY <i>no equipment</i> 26 MINS	PYRAMID <i>weights</i> 45 MINS	
STANDING PILATES LONG BAND 35 MINS 	LOWER BODY FUNCTIONAL CIRCUITS SET OF DUMBBELLS 	UPPER BODY + CORE BUILD A COMBO BODYWEIGHT 	30 ON / 30 OFF HIIT 35 MIN CLASS MED WEIGHTS 	MOBILITY 20 MIN FLOW 	TOTAL BODY BODYWEIGHT 42 MINS FUN! 	
STAND PILATES <i>long band</i> 35 MINS	FNCTNL CIRCUITS <i>weights</i> 45 MINS	BUILD A COMBO <i>bodyweight</i> 37 MINS	30 ON / 30 OFF <i>weights</i> 35 MINS	MOBILITY <i>no equipment</i> 20 MINS	BUILD A COMBO <i>bodyweight</i> 42 MINS	