

MOVEMENT CALENDAR₂

M LOWER BODY	T UP BODY/CORE	W HIIT/CARDIO	T MOBILITY	F LOW IMPACT	S TOTAL BODY	S
CIRCUIT + TABATA  <small>LOWER BODY 40 MIN CLASS WITH WEIGHTS</small>	PILATES SLIDE  <small>CORE+UPPER BODY 20 MIN CLASS</small>	TABATA SUPERSET + PILATES  <small>32 MIN CLASS LONG RESI BAND</small>	SHOULDER MOBILITY  <small>WITH A DISH TOWEL 22 MIN CLASS</small>	PILATES MAT  <small>NO PROPS 45 MINS</small>	STRENGTH+PLYO PYRAMID  <small>45 MIN CLASS MED WEIGHTS</small>	
CIRC + TABATA WEIGHTS 40 MINS	PILATES SLIDE SLIDERS 20 MINS	TABATA SUPSET LONG BAND 32 MINS	MOBILITY DISH TOWEL 22 MINS	PILATES MAT NO PROPS 45 MINS	PYRAMID WEIGHTS 45 MINS	
HIPS FOCUS  <small>PILATES MINI FLOWS 45 MINS</small>	UPPER BODY + CORE  <small>STRENGTH CIRCUIT WITH WEIGHTS 34 MIN CLASS</small>	PILATES HIIT  <small>BODYWEIGHT ONLY 52 MINS</small>	MOBILITY  <small>27 MIN CLASS</small>	BUILD A COMBO  <small>RESISTANCE BAND / LOW IMPACT 42 MINS</small>	PYRAMID WORKOUT  <small>STRENGTH + PLYO SINGLE WEIGHT 30 MINS</small>	
MINI FLOWS CHAIR/STOOL 45 MINS	STRNGTH CIRC WEIGHTS 34 MINS	PILATES HIIT BODYWEIGHT 52 MINS	MOBILITY BODYWEIGHT 27 MINS	BUILD A COMBO RESI BAND 42 MINS	PYRAMID SINGLE WEIGHT 30 MINS	
CIRCUIT PULSE  <small>+ GLUTE ACTIVATION LOWER BODY 45 MINS</small>	ARM CIRCUIT + TABATA  <small>37 MINS</small>	HIIT CIRCUITS  <small>BODYWEIGHT 35 MINUTES</small>	MOBILITY FLOW  <small>UPPER BODY 24 MINS</small>	PILATES WITH SLIDERS  <small>45 MINS</small>	TOTAL BODY  <small>BUILD A COMBO 45 MIN WORKOUT</small>	
CIRCUIT PULSE WEIGHTS + BAND 45 MINS	CIRCUIT PULSE WEIGHTS 37 MINS	HIIT CIRCUITS BODYWEIGHT 35 MINS	MOBILITY DISH TOWEL 24 MINS	PILATES MAT SLIDERS 45 MINS	BUILD A COMBO SINGLE WEIGHT 45 MINS	
LOWER BODY + GLUTES ACTIVATION  <small>BODYWEIGHT 43 MINS</small>	PILATES SLIDE  <small>CORE + UPPER BODY SLIDER + BAND 27 MINS</small>	30 ON / 30 OFF HIIT  <small>WITH A SINGLE WEIGHT 26 MIN CLASS</small>	HIP MOBILITY  <small>27 MINS</small>	FUNCTIONAL CIRCUITS  <small>35 MIN CLASS</small>	TOTAL BODY CIRCUIT + TABATA 	
BUILD A COMBO BODYWEIGHT 43 MINS	PILATES SLIDE SLIDER + BAND 27 MINS	30/30 HIIT SINGLE WEIGHT 26 MINS	MOBILITY BODYWEIGHT 27 MINS	FNCTNL CIRCS WEIGHTS 35 MINS	CIRC + TABATA WEIGHTS + BAND 56 MINS	