

# MOVEMENT CALENDAR<sub>3</sub>

M PILATES	T LOWER BODY	W UP BOD/CORE	T HIIT/CARDIO	F MOBILITY	S TOTAL BODY	S
 <p><b>PILATES WORKOUT</b> WITH HAND WEIGHTS</p>	 <p><b>PYRAMID</b> LOWER BODY 30 MIN WORKOUT</p>	 <p><b>ARM BURN OUT</b> LOOP BAND 25 MIN CLASS</p>	 <p><b>HIIT SUPERSET</b> 45 MIN CLASS BODYWEIGHT</p>	 <p><b>MOBILITY</b> ALL STANDING FOR WHEN YOU'RE FEELING EXTRA STIFF</p>	 <p><b>CIRCUIT + TABATA</b> SET OF WEIGHTS 58 MIN CLASS</p>	
<p><b>PILATES MAT</b> HAND WEIGHTS 45 MINS</p>	<p><b>PYRAMID</b> WEIGHTS 30 MINS</p>	<p><b>ARM BURN OUT</b> RESI BAND 25 MINS</p>	<p><b>HIIT SUPERSET</b> BODYWEIGHT 45 MINS</p>	<p><b>MOBILITY</b> CHAIR 20 MINS</p>	<p><b>CIRC &amp; TABATA</b> WEIGHTS 58 MINS</p>	
 <p><b>PILATES</b> FOR ANTERIOR PELVIC TILT</p>	 <p><b>LOWER BODY</b> CIRCUIT PULSE + TABATA</p>	 <p><b>BACK+TRICEPS</b> 17 MIN CLASS WITH WEIGHTS</p>	 <p><b>TABATA + CORE</b></p>	 <p><b>LOW BACK / QL</b> MOBILITY + STRETCH</p>	 <p><b>FUNCTIONAL STRENGTH CIRCUITS</b> TOTAL BODY WORKOUT</p>	
<p><b>PILATES MAT</b> BLOCK OR BOOK 50 MINS</p>	<p><b>CIRC. PULSE</b> WEIGHTS+BAND 38 MINS</p>	<p><b>BUILD COMBO</b> WEIGHTS 17 MINS</p>	<p><b>TABATA+CORE</b> RESI BAND 30 MINS</p>	<p><b>QL MOBILITY</b> BLOCK 30 MINS</p>	<p><b>FUNC. CIRCS</b> WEIGHTS 46 MINS</p>	
 <p><b>STANDING PILATES</b> 50 MINS BLOCK + HAND WEIGHTS</p>	 <p><b>PILATES SLIDE</b> LOWER BODY 28 MIN CLASS</p>	 <p><b>CIRCUIT PULSE</b> CHEST &amp; BACK FOCUS + TABATA FINISHER</p>	 <p><b>CARDIO PYRAMID</b> 42 MIN CLASS BODYWEIGHT</p>	 <p><b>MOBILITY</b> ANKLES, WRISTS, HIPS 35 MIN CLASS</p>	 <p><b>TOTAL BODY</b> BUILD A COMBO 36 MIN CLASS</p>	
<p><b>STAND PILATES</b> BLOCK+WEIGHTS 50 MINS</p>	<p><b>PILATES SLIDE</b> BAND + SLIDER 28 MINS</p>	<p><b>CIRC. PULSE</b> WEIGHTS 35 MINS</p>	<p><b>CARDIO PRMD</b> BODYWEIGHT 42 MINS</p>	<p><b>MOBILITY</b> NO PROPS 35 MINS</p>	<p><b>BUILD COMBO</b> SINGLE WEIGHT 36 MINS</p>	
 <p><b>MAT PILATES</b> NO PROPS NEEDED / 45 MINS</p>	 <p><b>STRENGTH CIRCUITS</b> LOWER BODY WITH WEIGHT 45 MIN CLASS</p>	 <p><b>UPPER BODY/CORE POSTURE FLOW</b> 27 MIN CLASS BODYWEIGHT</p>	 <p><b>30 ON / 30 OFF</b> HIIT WORKOUT W/ SINGLE WEIGHT 34 MINS</p>	 <p><b>MOBILITY</b> SPINAL ROTATION + HIPS 30 MIN CLASS</p>	 <p><b>PYRAMID</b> WORKOUT WITH SLIDERS 45 MINS / TOTAL BODY</p>	
<p><b>PILATES MAT</b> NO PROPS 45 MINS</p>	<p><b>STRNGTH CIRC</b> SINGLE WEIGHT 45 MINS</p>	<p><b>PILATES MAT</b> NO PROPS 27 MINS</p>	<p><b>30/30 HIIT</b> SINGLE WEIGHT 35 MINS</p>	<p><b>MOBILITY</b> NO PROPS 30 MINS</p>	<p><b>PYRAMID</b> SLIDERS 45 MINS</p>	