

MOVEMENT CALENDAR₅

M PILATES	T LOWER BODY	W UP BOD/CORE	T HIIT/CARDIO	F MOBILITY	S TOTAL BODY	S
 <p>PILATES MAT 30 MINS</p>	 <p>LOWER BODY WEIGHTS + SLIDERS / 50 MINS</p>	 <p>UPPER BODY + CORE BUILD A COMBO CLASS / 28 MINS RESI BAND</p>	 <p>CARDIO PYRAMID + STRENGTH 30 MIN CLASS WITH WEIGHTS</p>	 <p>MOBILITY + STRETCH 30 MINS</p>	 <p>CIRCUIT + TABATA 37 MINS</p>	
<p>PILATES MAT NO PROPS 30 MINS</p>	<p>FUNC. CIRCS WEIGHTS+SLIDER 50 MINS</p>	<p>BUILDA COMBO RESI BAND 28 MINS</p>	<p>CARDIO PYRMD WEIGHTS 30 MINS</p>	<p>MOBILITY NO PROPS 30 MINS</p>	<p>CIRC + TABATA WEIGHTS 37 MINS</p>	
 <p>CHAIR PILATES SEATED + STANDING 45 MINS</p>	 <p>LOWER BODY RESI BAND 32 MINS</p>	 <p>UPPER BODY + CORE FUNCTIONAL CIRCUITS WORKOUT WEIGHTS + SLIDER</p>	 <p>TABATA SUPERSET EXPRESS 21 MIN CLASS BODYWEIGHT</p>	 <p>SPINE MOBILITY 20 MIN CLASS</p>	 <p>PYRAMID WORKOUT 45 MIN CLASS STRENGTH + PLYO</p>	
<p>STAND PILATES CHAIR+WEIGHTS 45 MINS</p>	<p>BUILDA COMBO RESI BAND 32 MINS</p>	<p>FUNC. CIRCS WEIGHTS+SLIDER 40 MINS</p>	<p>TABATA SUPST BODYWEIGHT 21 MINS</p>	<p>MOBILITY NO PROPS 20 MINS</p>	<p>PYRAMID WEIGHTS 45 MINS</p>	
 <p>PILATES MAT NO PROPS NEEDED / 35 MINS</p>	 <p>HIIT SUPERSET EXPRESS 28 MIN CLASS LOWER BODY BODYWEIGHT</p>	 <p>CIRCUIT PULSE +TABATA 50 MIN CLASS UPPER BODY</p>	 <p>30 ON / 30 OFF HIIT 35 MIN CLASS WITH WEIGHTS</p>	 <p>FEEL - GOOD MOBILITY FLOW</p>	 <p>RESISTANCE BAND WORKOUT 46 MIN CLASS BUILD A COMBO</p>	
<p>PILATES MAT NO PROPS 35 MINS</p>	<p>HIIT SUPSET BODYWEIGHT 28 MINS</p>	<p>CIRC PULSE WEIGHTS 50 MINS</p>	<p>30 ON/30 OFF WEIGHTS 35 MINS</p>	<p>MOBILITY NO PROPS 18 MINS</p>	<p>BUILDA COMBO RESI BAND 46 MINS</p>	
 <p>PILATES SMALL BALL</p>	 <p>LOWER BODY PYRAMID 42 MINS + GLUTES ACTIVATION</p>	 <p>UPPER BODY WORKOUT BUILD A COMBO 25 MIN CLASS</p>	 <p>TABATA SUPERSET BODYWEIGHT 40 MINS</p>	 <p>CHAIR MOBILITY 30 MIN CLASS</p>	 <p>CIRCUIT+TABATA 60 MIN CLASS RESISTANCE BAND</p>	
<p>PILATES MAT SMALL BALL 38 MINS</p>	<p>PYRAMID WEIGHTS+BAND 42 MINS</p>	<p>BUILDA COMBO WEIGHTS 25 MINS</p>	<p>TABATA SUPST BODYWEIGHT 40 MINS</p>	<p>MOBILITY CHAIR 30 MINS</p>	<p>CIRC + TABATA RESI BAND 60 MINS</p>	