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M LOWER BODY	T UP BODY/CORE	W HIIT/CARDIO	T MOBILITY	F LOW IMPACT	S TOTAL BODY	S
 <p>LOWER BODY BUILD A COMBO RESISTANCE BAND 32 MINS</p>	 <p>UPPER BODY & CORE CIRCUIT & TABATA WITH WEIGHTS 35 MIN CLASS</p>	 <p>SLIDER HIIT 38 MIN CLASS / TOTAL BODY</p>	 <p>MOBILITY HIPS + FEET 38 MINS</p>	 <p>PILATES 30 MINS / HAND WEIGHTS</p>	 <p>CIRCUIT + TABATA 51 MIN WORKOUT WITH DUMBBELLS</p>	
<p>BUILD A COMBO RESI BAND 32 MINS</p>	<p>CIRC + TABATA WEIGHTS 35 MINS</p>	<p>SLIDER HIIT SLIDERS 38 MINS</p>	<p>MOBILITY NO PROPS 38 MINS</p>	<p>PILATES MAT HAND WEIGHTS 30 MINS</p>	<p>CIRC + TABATA WEIGHTS 51 MINS</p>	
 <p>LOWER BODY FUNCTIONAL CIRCUITS SINGLE WEIGHT 47 MIN CLASS</p>	 <p>PILATES MAT CORE + UPPER BODY 28 MINS</p>	 <p>HIIT CIRCUITS SET OF WEIGHTS 23 MIN CLASS</p>	 <p>SHOULDER MOBILITY 11 MIN FLOW</p>	 <p>PILATES SLIDE ALL STANDING 40 MIN CLASS</p>	 <p>PYRAMID WORKOUT STRENGTH + FLUO 40 MINS RESISTANCE BAND</p>	
<p>FUNC. CIRCUITS SINGLE WEIGHT 47 MINS</p>	<p>PILATES MAT HAND WEIGHTS 28 MINS</p>	<p>HIIT CIRCUITS WEIGHTS 23 MINS</p>	<p>MOBILITY NO PROPS 11 MINS</p>	<p>PILATES SLIDE HAND WEIGHTS 40 MINS</p>	<p>PYRAMID RESI BAND 40 MINS</p>	
 <p>LOWER BODY PYRAMID 45 MIN WORKOUT WITH WEIGHTS</p>	 <p>UPPER BODY BAND WORKOUT 30 MINS</p>	 <p>30 ON / 30 OFF HIIT WORKOUT 37 MINS</p>	 <p>HIP MOBILITY +BALANCE 28 MINS</p>	 <p>30 MIN PILATES WITH A SMALL BALL</p>	 <p>CIRCUIT + TABATA 36 MINS</p>	
<p>PYRAMID WEIGHTS 45 MINS</p>	<p>CIRCUITS RESI BAND 30 MINS</p>	<p>30 ON / 30 OFF BODYWEIGHT 37 MINS</p>	<p>MOBILITY YOGA BLOCK 28 MINS</p>	<p>PILATES MAT SMALL BALL 30 MINS</p>	<p>CIRC + TABATA WEIGHTS 36 MINS</p>	
 <p>LOWER BODY PILATES HIPS & CALVES</p>	 <p>UPPER BODY STRENGTH CIRCUIT 40 MIN CLASS</p>	 <p>TABATA SUPERSET RESISTANCE BAND 34 MIN CLASS</p>	 <p>MOBILITY SPINE FOCUS 15 MIN CLASS</p>	 <p>DUMBBELL + SLIDER WORKOUT BUILD A COMBO 30 MIN CLASS</p>	 <p>PILATES HIIT WITH LIGHT HAND WEIGHTS 50 MIN CLASS</p>	
<p>MINI FLOWS BODYWEIGHT 35 MINS</p>	<p>CIRCUIT WEIGHTS 40 MINS</p>	<p>TABATA SUPSET RESI BAND 34 MINS</p>	<p>MOBILITY NO PROPS 15 MINS</p>	<p>BUILD A COMBO WEIGHT + SLIDER 30 MINS</p>	<p>PILATES HIIT HAND WEIGHTS 50 MINS</p>	