

## *Total Body*

### **BARRE CLASS #40**

**Time: 36 min.**

**Props: Single Light Weight,  
optional Yoga Block**

## *Games & Glutes*

### **BARRE CLASS #79**

**Time: 19 min.**

**Props: Pilates Ball or  
Bath Towel**

## **WEEK ONE**

## *Thighs, Seat & Abs*

### **BARRE CLASS #58**

**Time: 29 min.**

**Props: Pilates Ball or  
Bath Towel, Chair**

## *Total Body*

### **BARRE CLASS #37**

**Time: 40 min.**

**Props: Chair,  
Light Hand Weights**