

JUNE

SEAT
WEEK

DAY 1

#53
NEW CLASS:
SINGLE WEIGHT SEAT
Time: 28 min.
Props: 3lb-5lb Weight
(optional towel for cushion)

DAY 2

#54
NEW CLASS:
YOGA BLOCK BUM
Time: 22 min.
Props: Yoga Block

DAY 3

#12
BODY SCULPT:
ALL BOOTY
Time: 30 min.
Props: Chair
(optional 3lb-5lb weights)

DAY 4

#44
BARRE CLASS:
COMPLETE SEAT
Time: 25 min.
Props: Resistance Band
(optional)

DAY 5

#55
NEW CLASS:
RESISTANCE BAND BOOTY
Time: 18 min.
Props: Resistance Band
(optional)

DAY 6

#41
BARRE CLASS:
INNER THIGHS & BACK OF SEAT
Time: 18 min.
Props: Chair

DAY 7

REST DAY



CONGRATS

NEXT WEEK
IS COMING
SOON !