

Seat & Core

BARRE CLASS #71

Time: 34 min.

**Props: Chair,
Single Light Weight**

Total Body

BARRE CLASS #43

Time: 33 min.

**Props: Chair,
Light Weights**

WEEK FOUR

Total Body

BARRE CLASS #80

Time: 51 min.

**Props: Chair, Light Weights,
optional Resistance Band**

Total Body

BARRE CLASS #31

Time: 40 min.

**Props: Chair,
Light Weights**