

# PREMO FITNESS MAY CHALLENGE

MON

#41 Barre Class:  
Inner Thighs  
& Seat

TUES

  
REST DAY

WEDS

#32 Cardio Barre:  
Total Body

THURS

  
REST DAY

FRI

#36 Fast & Effective:  
Hardcore Barre Core

SAT

SAT or SUN Bonus:  
#32 Cardio Barre:  
Total Body

SUN



MON

#44 Barre Class:  
Complete Seat

TUES

  
REST DAY

WEDS

#40 Barre Class:  
Total Body  
Single Weight

THURS

  
REST DAY

FRI

#35 Fast & Effective:  
Barre Legs

SAT

SAT or SUN Bonus:  
#44 Barre Class:  
Complete Seat +  
45 min walk/jog

SUN



MON

#33 Cardio Barre:  
Seat and Leg

TUES

  
REST DAY

WEDS

#31 Barre Class:  
Total Body with  
Pilates Ball

THURS

  
REST DAY

FRI

#42 Fast and Effective:  
Barre Arms and Abs

SAT

SAT or SUN Bonus:  
#33 Cardio Barre:  
Seat and Leg

SUN



MON

#39 Barre Class:  
Thighs, Seat & Abs

TUES

  
REST DAY

WEDS

#34 Fast & Effective:  
Barre Arms

THURS

  
REST DAY

FRI

#37 Barre Class:  
Total Body with  
Weights

SAT

SAT or SUN Bonus:  
#34 Fast & Effective:  
Barre Arms +  
60 min walk/jog

SUN



MON

#43 Barre Class:  
Total Body

CONGRATS

YOU  
DID  
IT!