

Inner Thighs & Seat

BARRE CLASS #41

Time: 18 min.

Props: Chair

Total Body

BARRE CLASS #70

Time: 37 min.

**Props: Chair,
Light Weights**

WEEK THREE

Thighs, Seat & Abs

BARRE CLASS #39

Time: 34 min.

**Props: Chair,
Single Light Weight**

Total Body

BARRE CLASS #81

Time: 51 min.

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