

MON

#53 **BODY SCULPT**
Single Weight Seat
Class Time: 28 min.

TUES

#46 **BODY SCULPT**
Mat Arm Series
Class Time: 19 min.

WEDS

#11 **BODY SCULPT**
Side Body
Class Time: 29 min.

THURS

#59 **TOTAL BODY**
Pilates Ball
Class Time: 29 min.

FRI



REST DAY

SAT

#56 **TOTAL BODY**
Quick Fix Cardio
Class Time: 18 min.

SUN



REST DAY

MON

#54 **YOGA BLOCK**
Yoga Block Bum
Class Time: 22 min.

TUES

#52 **BODY SCULPT**
Core 360
Class Time: 15 min.

WEDS

#15 **BODY SCULPT**
Upper Body
Class Time: 30 min.

THURS

#58 **BARRE CLASS**
Thighs, Seat & Abs
Class Time: 29 min.

FRI



REST DAY

SAT

#7 **BODY SCULPT**
Towel Toning
Class Time: 29 min.

SUN



REST DAY

MON

#44 **BODY SCULPT**
Complete Seat
Class Time: 25 min.

TUES

#19 **BODY SCULPT**
Playing with Pushups
Class Time: 28 min.

WEDS



REST DAY

THURS

#50 Pilates Core +
#41 Inner Thighs &
Back of Seat

FRI

#73 **BODY SCULPT**
Upper Body Band
Class Time: 21 min.

SAT

#75 **TOTAL BODY**
Quick Fix Cardio
Class Time: 19 min.

SUN



REST DAY

MON

#48 **YOGA BLOCK**
Lower Body
Class Time: 23 min.

TUES



REST DAY

WEDS

#51 **BODY SCULPT**
Cardio Core
Class Time: 31 min.

THURS

#17 **TOTAL BODY**
Mat Class
Class Time: 30 min.

FRI

#69 **FAST/EFFECTIVE**
Bodyweight Workout
Class Time: 15 min.

SAT

#55 **BODY SCULPT**
Band Booty
Class Time: 18 min.

SUN

#20 **BODY SCULPT**
Total Body Weights
Class Time: 30 min.

CONGRATS

YOU DID IT!