

OCT 18

#44

BARRE CLASS:

COMPLETE SEAT

Time: 25 min.

Props: Optional Circular Band

OCT 20

#31

BARRE CLASS:

TOTAL BODY PILATES BALL

Time: 40 min.

Props: Pilates Ball, Chair,
3lb - 5lb Weights

OCT 22

#60

BARRE CLASS:

TOTAL BODY WEIGHTS

Time: 20 min.

Props: 3lb - 5lb Weights, Chair

OCT 23 & 24 BONUS

#34

FAST AND EFFECTIVE:

BARRE ARMS + 45 MIN. WALK OR RUN

Time: 59 min.

Props: Optional Circular Resistance Band, 3lb Weights

OCT 25

#71

BARRE CLASS:

SEAT & CORE SINGLE WEIGHT

Time: 34 min.

Props: 3lb - 5lb Weight, Chair

OCT 27

#37

BARRE CLASS:

TOTAL BODY WEIGHTS

Time: 40 min.

Props: 3lb - 5lb Weights, Chair

OCT 29

#70

BARRE CLASS:

TOTAL BODY WEIGHTS

Time: 37 min.

Props: 3lb - 5lb Weights, Chair

OCT 30 & 31 BONUS

#35

FAST AND EFFECTIVE:

BARRE LEGS + 45 MIN. WALK OR RUN

Time: 56 min.

Props: Optional Circular Resistance Band, Chair

NOV 1

#72

BARRE CLASS:

ARMS & LEGS SINGLE WEIGHT

Time: 24 min.

Props: 3lb - 5lb Weight, Chair

NOV 3

#39

BARRE CLASS:

THIGHS, SEAT & ABS

Time: 34 min.

Props: 3lb - 5lb Weight, Chair

NOV 5

#40

BARRE CLASS:

TOTAL BODY SINGLE WEIGHT

Time: 35 min.

Props: 3lb - 5lb Weight, Chair,
Yoga Block

NOV 6 & 7 BONUS

#36

FAST AND EFFECTIVE:

HARDCORE BARRE CORE + 45 MIN. WALK OR RUN

Time: 56 min.

Props: Optional Pilates Ball