

MON

#58 Barre Class:
Thighs, Seat & Abs

TUES

#27 Body Sculpt:
Quick Core Series

WEDS

#31 Barre Class:
Total Body with
Pilates Ball

THURS

#36 Fast & Effective:
Hardcore Barre Core

FRI

#59 Total Body:
Pilates Ball

SAT


REST DAY

SUN


REST DAY

MON

#55
Resistance Band Booty
+
#34
Barre Arms

TUES

#7 Body Sculpt:
Towel Toning

WEDS


REST DAY

THURS

#52
Core 360
+
#35
Barre Legs

FRI


REST DAY

SAT

#44 Barre Class:
Complete Seat

SUN

#15 Body Sculpt:
Towel Toning

MON

#45 Yoga Block:
Upper Body

TUES

#48 Yoga Block:
Lower Body

WEDS

#54 Yoga Block:
Block Burn

THURS

#5 Body Sculpt:
Mat Class with
Yoga Block

FRI


REST DAY

SAT

#21 Body Sculpt:
Gliding
Total Body

SUN


REST DAY

MON

#4 Body Sculpt:
Total Body Chair

TUES

#12 Body Sculpt:
All Booty

WEDS

#23 Body Sculpt:
Total Body with
Weights & Chair

THURS

#37 Barre Class:
Total Body
with Weights

FRI


REST DAY

SAT

#41 Barre Class:
Inner Thighs &
Back of Seat

SUN

#30 Body Sculpt:
Total Body with
Weights & Chair

CONGRATS

YOU
DID
IT!