

JUNE

CORE
WEEK

DAY 1

#50
NEW CLASS:
PILATES CORE SERIES
Time: 15 min.
Props: None

DAY 2

#51
NEW CLASS:
CARDIO CORE
Time: 31 min.
Props: None
(shoes optional)

DAY 3

#11
BODY SCULPT:
SIDE BODY
Time: 29 min.
Props: Light Weights/Towel

DAY 4

#27
BODY SCULPT:
QUICK CORE SERIES
Time: 17 min.
Props: 5lb Weight/Pilates Ball
(or towel)

DAY 5

#52
NEW CLASS:
CORE 360
Time: 15 min.
Props: Dish Towel

DAY 6

#36
FAST & EFFECTIVE:
HARDCORE BARRE CORE
Time: 11 min.
Props: Pilates Ball
(or towel)

DAY 7

REST DAY



CONGRATS

NEXT WEEK
IS COMING
SOON !