

WEEKLY PLANNER

A little guide on how you might incorporate Pilates into your weekly routine.



DAYS	CLASSES		DONE
Monday	PILATES Activation: Glute/Hip Focus Our Class Suggestion: Leg Alignment - Part 2: Glute Strength	STRENGTH Full Body - Lower Body Focused	<input type="checkbox"/>
Tuesday	PILATES Full Body Flow Our Class Suggestion: Level 1 Full Body 36		<input type="checkbox"/>
Wednesday	STRENGTH Full Body - Upper Body Focused	PILATES Mobility - Upper Back / Shoulders Focus Our Class Suggestion: Spine Care Series - Part 2 Thoracic Spine	<input type="checkbox"/>
Thursday	PILATES Relaxation Flow Our Class Suggestion: Gym Series - Recovery Day		<input type="checkbox"/>
Friday	PILATES Whole Body Activation & Mobility Our Class Suggestion: Level 2 Full Body 50	STRENGTH Full Body - Power Focused	<input type="checkbox"/>
Saturday	PILATES Challenge - Booty, Abs Or Arms Our Class Suggestion: Circuit Finisher 2		<input type="checkbox"/>
Sunday	REST Sunshine, Fresh Air, Your Favourite Past Time		<input type="checkbox"/>