SPRING INTO PILATES

2023

PILATESOLOGY MEMBER-EXCLUSIVE 7 DAY PLAN

*Click on the image for the workout!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER	**BEGINNER**	**BEGINNER**	**BEGINNER**	**BEGINNER**	**BEGINNER**	**BEGINNER**
Quick Core Mat	Quiet Mat Class 1	Age Strong Mat	Basic Mat with Arm Weights	Daily Mat with Chris	Pilates for Mental Health - Evening Wind Down	Foundation Flow
INTERMEDIATE	**INTERMEDIATE**	**INTERMEDIATE**	**INTERMEDIATE**	**INTERMEDIATE**	**INTERMEDIATE**	**INTERMEDIATE**
Posture Clinic-Full Body Connect	Core Fire Mat	Pilates for Mental Health - Recharge Snack Mat	Heat Up Your Hips	7 Minutes in Heaven	Abdominal Blitz with Blossom	Extra Oomph Mat
ADVANCED	**ADVANCED**	**ADVANCED**	**ADVANCED**	**ADVANCED**	**ADVANCED**	**ADVANCED**
Rhythmic Mat	Espresso Mat	Glute Power Sculpt	All of It Mat	Variations on the Mat	Hot & Sweaty Mat	Gina's Reformer on the Mat
REFORMER	**REFORMER**	**REFORMER**	**REFORMER**	**REFORMER**	**REFORMER**	**REFORMER**
Midline Reformer	Reformer 360 1 - Posture	Core Love Reformer	Reformer Refueler	Results Reformer with Chris	Strength & Length Reformer	Intensity Reformer with Sonjé

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