

FALL BACK ON TRACK

2024

PILATESOLOGY MEMBER-EXCLUSIVE 7-DAY PLAN

DAY 1

BASIC



Core Connection Mat

INTERMEDIATE



Glow & Go Mat

ADVANCED



Tiger Mat

REFORMER



Real Life Reformer

DAY 2

BASIC



Pilates Form 3

INTERMEDIATE



Core Crush Mat

ADVANCED



Powerhouse Attack Mat

REFORMER



Skills & Drills Reformer

DAY 3

BASIC



Andiamo Mat

INTERMEDIATE



Get Into Your Body Mat

ADVANCED



Sculpting Mat

REFORMER



Flow State Reformer

DAY 4

BASIC



Ease Your Back

INTERMEDIATE



Core Love Mat

ADVANCED



Star Mat

REFORMER



Stamina Jump Reformer

DAY 5

BASIC



Core Connect

INTERMEDIATE



Energy Boost Flow

ADVANCED



Bossy Mat

REFORMER



Integration Reformer

DAY 6

BASIC



Daily Dose Basics

INTERMEDIATE



Abdominal Blitz with Blossom

ADVANCED



Mixed Mat

REFORMER



Feel Good Reformer Flow

DAY 7

BASIC



ClassicFit Progression 2

INTERMEDIATE



Sweat & Flow with Juan

ADVANCED



Supermodel Legs with MeJo

REFORMER



ClassicFit Reformer

*Click on the image for the workout!