

THE PERFECT BALANCE

your *JANUARY* Pilates challenge

Active Rest 30+ mins = walking/running/cycling/swimming/tennis/gardening etc

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- 6th Full body 30 min
 - 7th Cardio & Abs 20 min
 - 8th Active Rest: 30+ mins activity
 - 9th Full Body + Small Weights 30 min
 - 10 Glutes & Core 17 min
 - 11th Restore 30 min
 - 12th Active Rest: 30+ mins activity
 - 13th Full Body 30 min
 - 14th Cardio Pilates 25 min
 - 15th Active Rest: 30+ mins activity
 - 16th Full Body + Small Weights 28 min
 - 17th Glutes + Core 20 min
 - 18th Restore 20 min
 - 19th Active Rest: 30+ mins activity
 - 20th Full Body Signature 30 min
 - 21st Cardio Pilates 40 min
 - 22nd Active Rest: 30+ mins activity
 - 23rd Full Body + Small weights 25 min
 - 24th Glutes Flow 21 min
 - 25th Restore Full Body 20 min
 - 26th Active Rest: 30+ mins activity
 - 27th Tone & Sculpt Full Body 35 min
 - 28th Dynamic Pilates 30 min
 - 29th Active Rest: 30+ mins activity
 - 30th Full Body + Small Weights 20 min
 - 31st Great Glutes 16 mins