



Program Calendar

	Workout 1 <i>Pilates</i>	Workout 2 <i>Upper Body Strength</i>	Workout 3 <i>Pilates</i>	Workout 4 <i>Lower Body Strength</i>	Workout 5 <i>Pilates</i>	Workout 6 <i>Full Body Strength</i>
Week 1	Welcome to the Basics 27:54	Upper Body Staples 28:21	Perfect Layer 18:38	Base Builder 28:20	Pilates Core 22:34	All In Total Body 39:52
Week 2	Lower Body Focus 19:09	Upper Strength Mix 32:01	Quick Ab Finisher with a Ball 8:58	Grounded Gains 34:39	Total Body Pilates 25:23	Full Force Total Body 28:31
Week 3	Length & Strength 25:19	Seated Strength 24:22	Total Core 20:10	Elevated Lower Body 37:06	Grounding Flow 17:52	Total Body Build 39:29
Week 4	Classical Pilates Flow 18:54	Body & Bells 34:24	Upper Body Focused Pilates 27:09	Glute Grind 33:19	Core Finisher 8:42	Momentum Full Body 36:28
Week 5	Lower Body Focused Pilates Fusion 23:57	Single Sizzle 30:56	Total Body Pilates 33:22	Triple Threat 26:40	Ab Finisher 11:48	Full Circuit 38:16
Week 6	Glutes Galore 19:28	Power Pump 32:18	Long Band Love 30:14	Strength Supersets 28:55	Do Anywhere Pilates 17:54	Finish Line 26:30