



Weekly Schedule

Pilates Workouts

Monday	35 Min Full Body Burn & Sculpt
Tuesday	28 Min Arms & Abs Pilates
Wednesday	40 Min Ballet Legs
Thursday	23 Min Total Core & Ab Pilates Workout
Friday	30 Min Re-energizing Full Body Bliss
Saturday	53 Min Cardio & Pilates Full Body Fusion
Sunday	Rest day!

Pilates At Home Weekly Ad Latest

K Morrison



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