

May – Your Planner

CLICK ON THE CLASS TITLES BELOW TO TAKE YOU DIRECTLY TO THE CLASS ON THE PLATFORM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					2 <u>20 mins weighted upper body</u> AND <u>13 min abs and booty finisher</u>	3 
4 <u>Lower body love and stretch class</u>	5 <u>20 min pilates standing abs</u> AND <u>12 min weighted core</u>	6 	7 <u>30 Minute Full Body Flow</u> AND <u>5 Minute Post Natal Core Class</u>	8 	9 <u>25 min banded core and arms</u> AND <u>5 MIN CARDIO FINISHER</u>	10 
11 <u>45 min Full Body Fiery Flow</u>	12 <u>18 min express love your glutes</u> AND <u>5 Minute Post Natal Core Class</u>	13 	14 <u>Upper and Core Supersets</u>	15 	16 <u>30 MIN LOW IMPACT CARDIO</u>	17 
18 <u>45 min booty, legs and inner thighs!</u>	19 <u>20 Min upper sizzler!</u> AND <u>10 min Glutes Boost</u>	20 	21 <u>35 MIN HIIT CLASS</u>	22 <u>(OPTIONAL) Stretch and breathing class</u>	23 <u>25 min Lower Body Banded Love</u> AND <u>10 min express No crunches Core</u>	24 
25 <u>40 Min HIIT class</u>	26 <u>24 min pilates core crunch class</u>	27 	28 <u>20 min strong posture and centre</u> AND <u>6 min ab finisher</u>	29 <u>(OPTIONAL) Core and stretch class</u>	30 <u>25 min full body HIIT</u>	31 