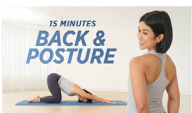
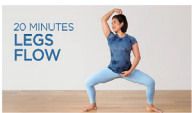


BEGINNER 2.0 JOURNEY

This Beginner calendar takes you to the next level in your pilates journey. You'll deepen your core strength, advance your posture work, and expand your movement skills with new challenges. The classes build on what you learned before, adding layers of complexity to help you grow stronger. This is your next step forward.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Core Kickstart 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Back Workout For Stronger Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Everyday Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Legs Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Core Kickstart 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Back Workout For Stronger Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Everyday Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Legs Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 15 min Energy Booster Pilates ☆☆☆☆☆	 15 min Stretch Routine ☆☆☆☆☆	 15 min Hips Mobility 1 ☆☆☆☆☆	 20 min Beginner Flow Mat 1 ☆☆☆☆☆		

You are welcome to add bonus classes anywhere your body needs them.