

MORNING PILATES INTERMEDIATE

You'll flow through gentle spine sequences that release tension and create space in your body. Then build on that foundation with dynamic challenges that strengthen your core, hips, and glutes. Each session energizes you while building the stability and flexibility your body craves. Perfect for anyone ready to take their morning routine to the next level.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 35 min Morning Pilates Energy ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 40 min Gentle Spine Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 40 min Body Changes ☆☆☆☆☆	 20 min Everyday Hips & Glutes Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)

WEEK 2

 25 min Dynamic Dialogue ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Full Body Pilates Challenge ☆☆☆☆☆	 30 min Dynamic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
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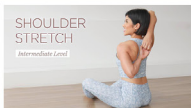
WEEK 3

 35 min Morning Pilates Energy ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 40 min Gentle Spine Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 40 min Body Changes ☆☆☆☆☆	 00 min Everyday Hips & Glutes Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
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WEEK 4

 25 min Dynamic Dialogue ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Full Body Pilates Challenge ☆☆☆☆☆	 30 min Dynamic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
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BONUS

 15 min Breath Work ☆☆☆☆☆	 15 min Standing Spine & Shoulders Warm Up ☆☆☆☆☆	 15 min Hip Strength ☆☆☆☆☆	 15 min Full Body BASI ☆☆☆☆☆	 20 min Shoulders Stretch ☆☆☆☆☆
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You are welcome to add bonus classes anywhere your body needs them.