

JUNE

WEEK 1:

BARRE
ALLEY
SCHEDULE



MONDAY

CLASSIC 45

TUESDAY

30 MIN WALK

WEDNESDAY

BARRE ATHLETE

THURSDAY

MINI BARRE
UPPER 5

20 WALK

FRIDAY

BARRE ATHLETE

SAT / SUN

20 - 30 MIN
WALK

TAKE A
STRETCH CLASS

STOCK UP ON
HEALTH FOODS

JUNE

WEEK 1:

PRESSED
FOR TIME
SCHEDULE



MONDAY

MINI BARRE
GLUTES 7
(24 MINS)

TUESDAY

20 MIN WALK
(OR 15 MINS OF
HILLY WALKING)

WEDNESDAY

POWER ALLEY

THURSDAY

MINI BARRE
UPPER 5
(14 MINS)

FRIDAY

MINI BARRE
CARDIO 5
(14 MINS)

SAT / SUN

20 - 30 MIN
WALK

TAKE A
STRETCH CLASS

STOCK UP ON
HEALTH FOODS

JUNE

WEEK 1:

BEGINNER'S
SCHEDULE



MONDAY

BEGINNER
BARRE 1

TUESDAY

20 - 30 MIN
WALK

WEDNESDAY

MINIBARRE
UPPER 5

THURSDAY

20 - 30 MIN
WALK

FRIDAY

BEGINNER
BARRE 2

SAT / SUN

20 - 30 MIN
WALK

TAKE A
STRETCH CLASS

STOCK UP ON
HEALTH FOODS