

7 Day Pilates Workshop *with Zoe*

6th July 2020 - 12th July 2020

Tuesday 7th July

Day 2
Building Your Control

Workshop 2
2pm Live inside the Facebook Group
The Exercises every woman should
be doing and Why!

Friday 10th July

Day 5
Relaxation and Flexibility

Wednesday 8th July

Day 3
Glutes and Core

8.30am
Live in Facebook Group

(Replay available)

Saturday 11th July

Catch Up Day
Catch up on any sessions you
missed, do your favorite class again
or just have a rest

Monday 6th July

Day 1
Getting Started

Workshop 1
2pm Live inside the Facebook Group
Breathing, Stress and Pilates -
What's it all about?

Thursday 9th July

Day 4
Arms and Legs

Workshop 3
2pm Live inside the Facebook Group
Keeping Consistent with Exercise -
My Tips and Tricks to keep you on
track

Sunday 12th July

Bonus Class
10am
Live in Facebook Group
Plus:

- Celebration Party
- Competition Winner
- What's Next

Need Help?



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Facebook Group: 7 Day Pilates Workshop (Opens 3rd July 2020)