

she moves

MOVE YOUR BODY

Monday

6.10am – She Lifts
(Weighted) 🤰

10.00am – She Starts
(Entry Level) 🤰🤱

7.00pm – She Explodes (HIIT)

Tuesday

6.10am – She Tones
(Low Impact)

6.45am – She Flows
(Power Yoga)

Wednesday

9.30am – She Strengthens
(Core and Mobility)

Thursday

6.10am – She Tones
(Low Impact)

7.00pm – She Extends
(Barre Style)

Friday

6.10am – She Lengthens
(Pilates) 🤰🤱

9.30am – She Grows
(Pregnancy Safe) 🤰

10.00am – She Restores (Pelvic
Floor and Core Restore) 🤱

Sunday

7.00pm – She Flows
(Stretch) 🤰🤱

MOVE YOUR MINDSET

🤰 Pregnancy Safe 🤱 Postpartum Safe