

class:

1 exercise: springs: props:

3 exercise: springs: props:

5 exercise: springs: props:

7 exercise: springs: props:

9 exercise: springs: props:

11 exercise: springs: props:

equipment:

2 exercise: springs: props:

4 exercise: springs: props:

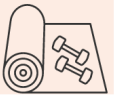
6 exercise: springs: props:

8 exercise: springs: props:

10 exercise: springs: props:

notes:

breathesweatstretch.com



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pilates class planner

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