



PILATES™

21-DAY CALENDAR

21-Day XB Pilates™ Calendar

WEEK 1	01 <input type="checkbox"/>	02 <input type="checkbox"/>	03 <input type="checkbox"/>	04 <input type="checkbox"/>	05 <input type="checkbox"/>	06 <input type="checkbox"/>	07 <input type="checkbox"/>
	Hit The Mat 1	Cardio Fusion 1	Sculpt & Define 1	Hit The Mat 1	Abs & Booty 1	Sculpt & Define 1	Express Abs
WEEK 2	08 <input type="checkbox"/>	09 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>
	Cardio Fusion 2	Hit The Mat 2	Abs & Booty 2	Sculpt & Define 2	Hit The Mat 2	Abs & Booty 2	Stretch Session
WEEK 3	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
	Sculpt & Define 3	Cardio Fusion 3	Hit The Mat 3	Abs & Booty 3	Sculpt & Define 3	Cardio Fusion 3	Hit The Mat 3

