



SORORITY

YOUR OWN PATH

DATE STARTED:

DATE COMPLETED:

WEEK 1	 BootyBasics	 1 Min. Workout	 Chest & Back	 BarreBasics	FREE CLASS
WEEK 2	 Glutes & Core	 EMOM	 BW Core	 BarreArms 1.0	FREE CLASS
WEEK 3	 BW & Plyo	 ComboCardio	 Shoulders	 BarreLegs	FREE CLASS
WEEK 4	 Big Strength	 Kickboxing	 FlexBall Core	 BW Barre	FREE CLASS

4 WEEK GOALS

4 WEEK PLAN



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DATE STARTED:

DATE COMPLETED:

WEEK 1	 Lunge Squat	 Pyramids	 Bicep & Triceps	 CardioBarre 1.0	FREE CLASS
WEEK 2	 Endurance	 Weighted HIIT	 MiniBand Core	 BarreArms 2.0	FREE CLASS
WEEK 3	 Plyo & Core	 Athletic Step	 Compound	 BandedBarre	FREE CLASS
WEEK 4	 Giant Set	 Tabata	 Weighted Core	 CardioBarre 2.0	FREE CLASS

4 WEEK GOALS

4 WEEK PLAN