APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	3 20:00 Full Body	4	5	6 8:00 Gentle Morning Stretch	7	8
9	10	11	12 20:00 Lower body: butts & legs	13	14 11:30 Back to **backs**	15
16	17	18 13:30 Abs on fire	19	20 8:30 Arms & Shoulders	21	22
23	24	25 13:30 Twists & Turns	26	27 20:00 Standing / balance	28	29
30						

NOTES:

Keep accountable and share your workouts with me! Tag @korepilates_ in your stories