



FOUNDATION : BARRE 57 • FOUNDATION : BARRE 57 • FOUNDAT

February 9th - February 15th

ADVANCED : HIIT, AMPED UP!, STRENGTH LAB!

INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE • MAT 57 • INTERMEDIATE • CARDIO BARRE