



MOBILISATION PLAN

Week 1

Day 1 - Standing Pilates
Day 2 - Yoga with Anita
Day 3 - Standing Pilates 2
Day 4 - Beginner Barre
Day 5 - Flow

Week 2

Day 1 - Standing Pilates 3
Day 2 - Ballet Stretch
Day 3 - Standing Pilates 4
Day 4 - Intermediate Barre
Day 5 - Power Flow

Week 3

Day 1 - Standing Pilates 5
Day 2 - Ballet Barre
Day 3 - Pilates Phase 6
Day 4 - Ballet Progress
Day 5 - Pilates Phase 7