



**21
DAY**

PILATES, BARRE & YOGA *Challenge*

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 1 PILATES	DAY 2 PILATES	DAY 3 PILATES	DAY 4 BARRE	DAY 5 BARRE	DAY 6 YOGA	DAY 7 YOGA
DAY 8 PILATES	DAY 9 PILATES	DAY 10 BARRE	DAY 11 BARRE	DAY 12 BARRE	DAY 13 YOGA	DAY 14 YOGA
DAY 15 PILATES	DAY 16 PILATES	DAY 17 BARRE	DAY 18 BARRE	DAY 19 YOGA	DAY 20 YOGA	DAY 21 YOGA

DAILY CHECK IN: After you complete a workout, post a photo on Instagram or Facebook to check in with me and ePilates Online community,
 Use the hashtag: #epo21Daychallenge
 plus you can also check in on the private Facebook group!