



THE STACK

A class structure formatted to burn out muscles. Grouping songs (2-3 in a row working next-door muscles) this way provides maximum muscle depth achievement. This class structure also works well in blocks for events when there are multiple instructors.

WARMUP

STANDING CORE*

BALANCE

UPPER

UPPER

UPPER

LOWER

PEAK

UPPER/LOWER*

BARRE

BARRE

BARRE - Booty Focus

FLOOR - Bridge

FLOOR* - (Optional - cut if short on time) Side Lying or Booty Focus

FLOOR - Plank Abs

FLOOR - Supine Abs

COOLDOWN



THE BOOTY STACK - Triple up on the lower body focus at the barre (Yes, that's a triple DDD) to please the booty barre seeking client!

***Indicates songs you can pull out in a shortened class environment without disrupting the flow of the class format.**