



THE BARRE

Ready to challenge that stability while really burning out those muscles? “The Barre” incorporates more BARRE tracks (songs that use a chair/barre/pole) to enable you to get deeper into those movements with a balance support. This map offers a bit more freedom, so be sure to cover all muscle groups and include all ranges of motion!

WARMUP

STANDING CORE/BALANCE

BARRE

BARRE

UPPER

UPPER

LOWER

BARRE

BARRE*

PEAK *

LOWER (Take HR down)

UPPER

BARRE

BARRE or FLOOR - Bridge*

FLOOR - Prone Abs/Plank

FLOOR - Supine Abs

COOLDOWN



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