BEAT
FITNESS

BARRE BURN

Reshape your body and ignite the BARRE FIRE
every day for 10 days

BEATHOME
On-Demand

BEATHOME
Live

DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSAY	DAY 5 FRIDAY	DAY6 SATURDAY	DAY 7 SUNDAY
BARRE	BARRE	BARRE	BARRE	BARRE	BARRE	BARRE
Alignement	Slide & Burn	Signature class	CORE focus	Signature Class	Signature class	Fast Arms
20'	20'	45'	30'	45'	45'	15'
Ana	Ilaria	Enora	Daniela	Ilaria	Enora	Ilaria

DAY 8 MONDAY	DAY 9 TUESDAY	DAY 10 WEDNESDAY
BARRE	BARRE	BARRE
Signature Class	Xpress Full body	CARDIO Blast
45'	30'	45'
Ana	Enora	Enora