



The King UnGala

Pulse Pilates and Barre

OPTIONAL PROPS INCLUDE:
SQUEEZABLE PROP- BALL, PILATES
MAGIC CIRCLE OR SMALL PILLOW

CHALLENGE PROP- LONG STRETCH BAND
OR SMALL LOOP BAND

WEIGHTS- LIGHT DUMBBELLS, WRIST OR
ANKLE WEIGHTS, BOTTLES OR CANS

SHOES ARE NOT REQUIRED FOR CLASS. GRIPPY SOCKS OR BARE FEET PREFERRED!