

pro series instructor training

Each Pro Series does not have ALL blocks to complete a class this is how the membership is designed. Interchange your class with a few segments at a time but do not change the whole class at one time.

Your order should always follow:

Warm-up, Arm work Circuit 1,2,3, Isometric, Flexibility, Sideline, Cardio Interval, Facing the Barre, Cardio Interval, Pure Booty and Abs, extension & Flexibility.









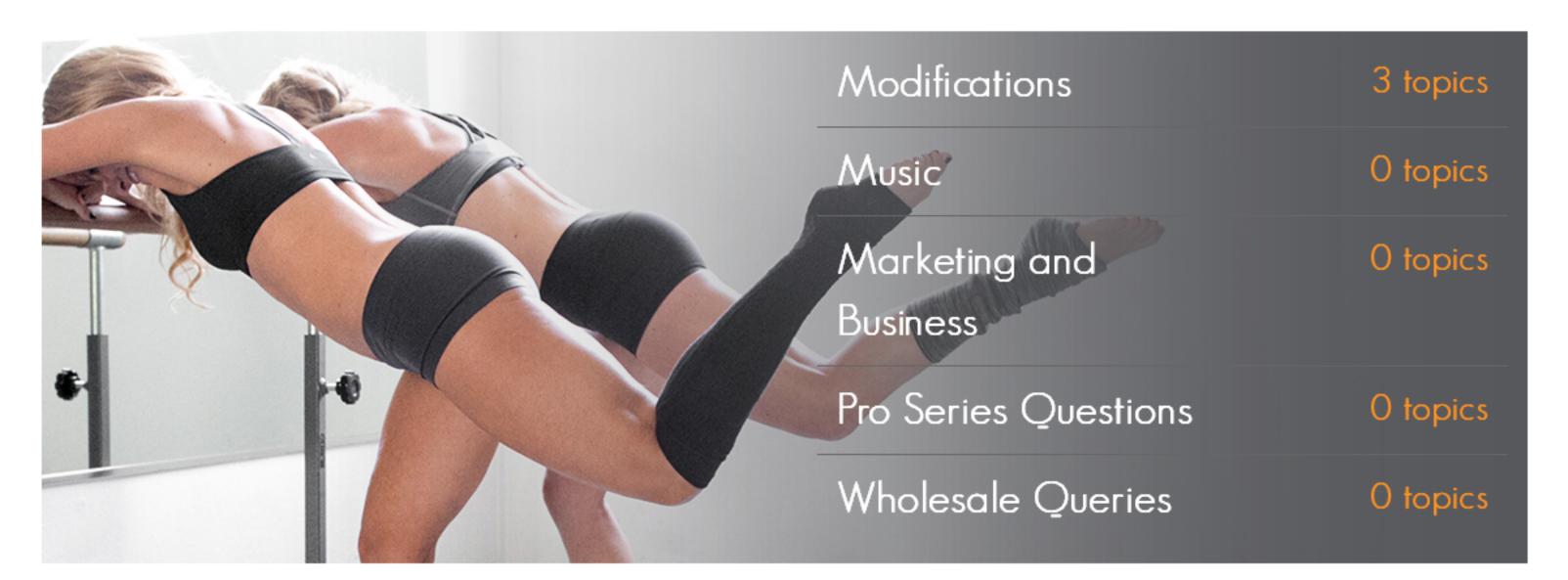








discussion



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gallery blog faq international bootybarre burn bootybarre sculpt

shop

bootybarre slider

pre & post natal



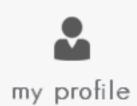




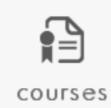










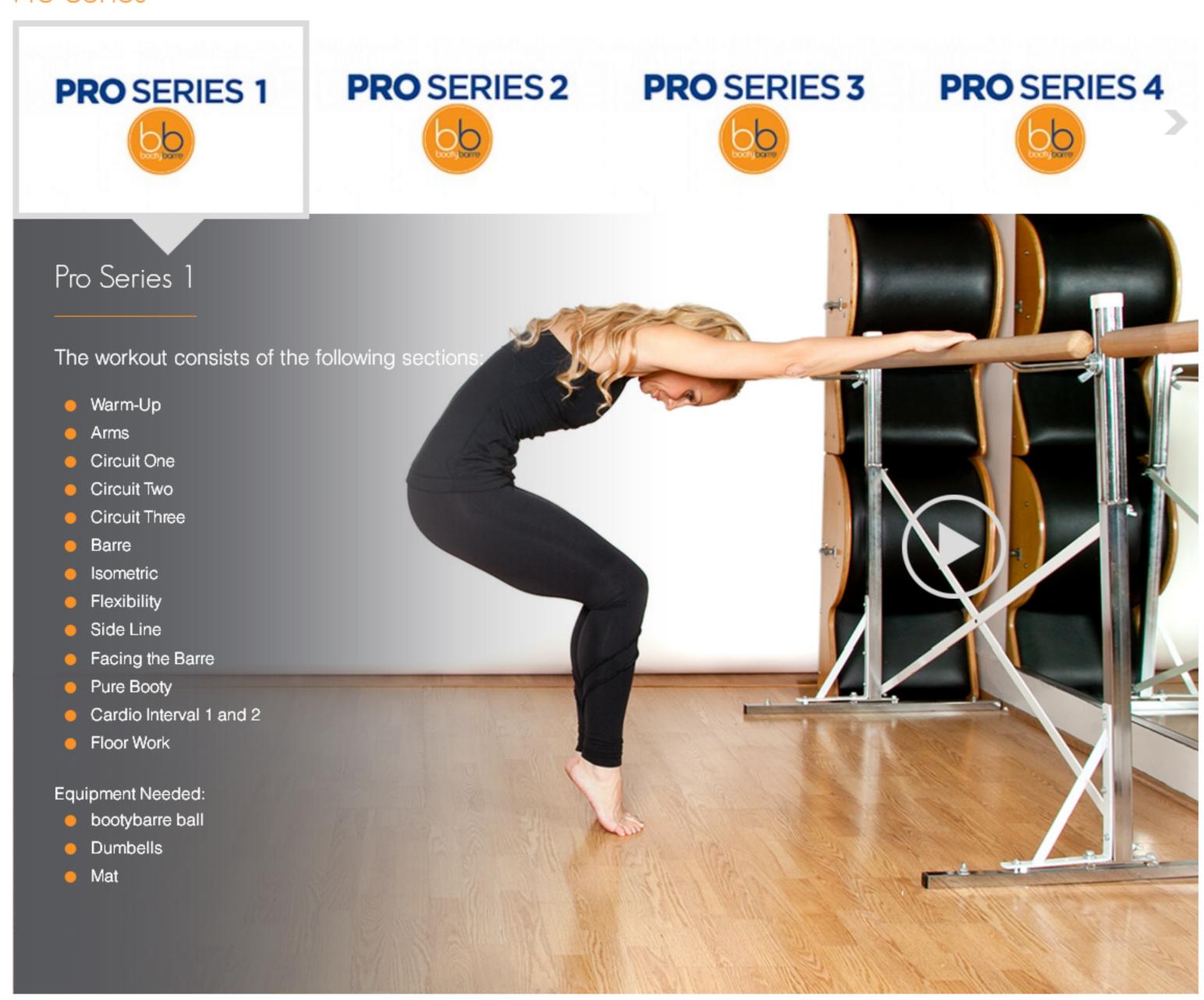






Member > Video Overview

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