



**PILATESBODY**  
— ON-DEMAND —

# March 2023

## PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Lower Body</i>	TUESDAY <i>Intention</i>	WEDNESDAY <i>Full Body</i>	THURSDAY <i>Recovery/Choice</i>	FRIDAY <i>Upper Body</i>	SATURDAY <i>Core/Recovery</i>
<b>NEW! TUTORIALS ON THE APP</b> <ul style="list-style-type: none"> <li>How to do The Hundred #231</li> <li>How to do The Roll Up #232</li> <li>How to do The Roll Over #233</li> </ul> All new classes on the app are on the March calendar! Enjoy from Pilatesbody On Demand			<b>1</b> <ul style="list-style-type: none"> <li><b>NEW!</b> Pilates with a Stick #227</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Roll &amp; Recover Class #135</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Elasti Sculpt Class #115</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li><b>NEW!</b> Spring Inspired Mat Pilates #230</li> </ul>
<b>5</b> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Mat Pilates Class #56</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li><b>NEW!</b> Love You to Your Core Pilates Class #226</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Push, Plank, Pump Class #174</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Lovely Hips &amp; Lower Back Pilates Class #147</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Pilates Strong Class #53</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li><b>NEW!</b> Postnatal Core #229</li> </ul>
<b>12</b> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>25 Minute Pilates Ab and Leg Workout Class #217</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Mat Pilates for Stiff Backs Class #222</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Pilates with a Stick #227</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Pilates for Neck and Upper Back Pain Class #197</li> </ul>	<b>17</b>  <ul style="list-style-type: none"> <li>Pilates Strong Class #4</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li><b>NEW!</b> Spring Inspired Mat Pilates #230</li> </ul>
<b>19</b> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Pilates Circuit Class #65</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Pilates for Pelvic Health Class #210</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>Total Body Tone Mat Pilates Class #101</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Postnatal Yoga Breath &amp; Core Awareness Class #211</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>12-Minute Spring Break Arms Class #221</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li><b>NEW!</b> Love You To Your Core #226</li> </ul>
<b>26</b> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Lower Body Mat Pilates Class #33</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Diastasis Recti Basics Part 2 Class #200</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Total Body Chair Pilates Class #224</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Foam Rolling Lower Body Class #78</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Pilates Strong Class #2</li> </ul>	

**All Workouts on the app**

[www.pilatesbodyondemand.com](http://www.pilatesbodyondemand.com)