



PILATESBODY
— ON-DEMAND —

March 2023

PRENATAL 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>
 <p>All new Prenatal classes on the app are on the March calendar! Enjoy from Pilatesbody On Demand.</p>			1 <ul style="list-style-type: none"> Prenatal Yoga Second Trimester #207 	2 <ul style="list-style-type: none"> Recovery / Choice 	3 <ul style="list-style-type: none"> Prenatal Pilates Quick Lower Back Release Class #105 	4 <ul style="list-style-type: none"> Prenatal Yoga Core & Stretch #119
5 <ul style="list-style-type: none"> Rest Day 	6 <ul style="list-style-type: none"> Prenatal Yoga Glutes Class #159 	7 <ul style="list-style-type: none"> NEW! Prenatal Yoga Spring Into Labor 	8 <ul style="list-style-type: none"> Prenatal Yoga Morning Class #160 	9 <ul style="list-style-type: none"> Recovery / Choice 	10 <ul style="list-style-type: none"> Prenatal Yoga For Hips and Lower Back #219 	11 <ul style="list-style-type: none"> Pelvic Floor Class #136
12 <ul style="list-style-type: none"> Rest Day 	13 <ul style="list-style-type: none"> Prenatal Yoga Hips & Pelvis Release #152 	14 <ul style="list-style-type: none"> Prenatal Yoga For Late Pregnancy Early Labor #201 	15 <ul style="list-style-type: none"> Prenatal Yoga Flow Class #137 	16 <ul style="list-style-type: none"> Recovery / Choice 	17  <ul style="list-style-type: none"> Prenatal Pilates Strong Class #107 	18 <ul style="list-style-type: none"> Recovery
19 <ul style="list-style-type: none"> Rest Day 	20 <ul style="list-style-type: none"> Prenatal Pilates Barre Class #132 	21 <ul style="list-style-type: none"> Prenatal Yoga Birth Preparation #138 	22 <ul style="list-style-type: none"> Pilates Yoga Low Impact Standing Class #126 	23 <ul style="list-style-type: none"> Recovery / Choice 	24 <ul style="list-style-type: none"> Prenatal Yoga For Round Ligament Pain #181 	25 <ul style="list-style-type: none"> Prenatal Bedtime Yoga #204
26 <ul style="list-style-type: none"> Rest Day 	27 <ul style="list-style-type: none"> Prenatal Pilates Pelvic Floor & Glutes Class #158 	28 <ul style="list-style-type: none"> Prenatal Yoga Si Pain Class #203 	29 <ul style="list-style-type: none"> First Trimester Prenatal Yoga Class #112 	30 <ul style="list-style-type: none"> Recovery / Choice 	31 <ul style="list-style-type: none"> Second Trimester Supple Spine Prenatal Pilates #146 	

All Workouts on the app

www.pilatesbodyondemand.com