



PILATESBODY
— ON-DEMAND —

April 2023

PRENATAL WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Core & Abs</i>	TUESDAY <i>Full Body</i>	WEDNESDAY <i>Intention</i>	THURSDAY <i>WOC or Rest</i>	FRIDAY <i>Lower Body</i>	SATURDAY <i>Upper Body</i>
<ul style="list-style-type: none"> • Thursday's are Workout of Choice (WOC) or Rest Day • Check out the new Yoga Class Blooming Morning Routine class #237! 						1 <ul style="list-style-type: none"> ■ Prenatal Yoga For Lower Back Pain #123
2 <ul style="list-style-type: none"> ■ Rest Day 	3 <ul style="list-style-type: none"> ■ Prenatal Yoga Core & Stretching #119 	4 <ul style="list-style-type: none"> ■ Spring Into Labor Prenatal Flow Class #228 	5 <ul style="list-style-type: none"> ■ Prenatal Bedtime Yoga #204 	6 <ul style="list-style-type: none"> ■ Rest Day 	7 <ul style="list-style-type: none"> ■ Prenatal Yoga for Sciatica #168 	8 <ul style="list-style-type: none"> ■ Avoid Tearing in Birth #193
9 <ul style="list-style-type: none"> ■ Rest Day 	10  <ul style="list-style-type: none"> ■ Pilates For Pelvic Health #210 	11 <ul style="list-style-type: none"> ■ Prenatal Yoga For Beginners #220 	12 NEW! <ul style="list-style-type: none"> ■ Blooming Morning Routine #237 	13 <ul style="list-style-type: none"> ■ Rest Day 	14 <ul style="list-style-type: none"> ■ Prenatal Yoga Glutes #159 	15 <ul style="list-style-type: none"> ■ Prenatal Yoga For Round Ligament Pain #181
16 <ul style="list-style-type: none"> ■ Rest Day 	17 <ul style="list-style-type: none"> ■ Pelvic Floor Yoga #153 	18 <ul style="list-style-type: none"> ■ Second Trimester Prenatal Yoga #119 	19 <ul style="list-style-type: none"> ■ Prenatal Yoga for Late Pregnancy/ Early Labor #201 	20 <ul style="list-style-type: none"> ■ Rest Day 	21 <ul style="list-style-type: none"> ■ Prenatal Yoga for SI Pain #213 	22 <ul style="list-style-type: none"> ■ Couples Prenatal Yoga #131
23 <ul style="list-style-type: none"> ■ Rest Day 	24 <ul style="list-style-type: none"> ■ Prenatal Pilates Strong Core Class #133 	25 <ul style="list-style-type: none"> ■ Love Your Labor Prenatal Yoga Class #220 	26 <ul style="list-style-type: none"> ■ Prenatal Yoga Breath Work for Labor #182 	27 <ul style="list-style-type: none"> ■ Rest Day 	28 <ul style="list-style-type: none"> ■ Hips and Pelvis Release #152 	29 <ul style="list-style-type: none"> ■ Prenatal Yoga for Better Sleep #206
30 <ul style="list-style-type: none"> ■ Rest Day 						<div style="text-align: center;"> <h3>All Workouts on the app</h3> <p>www.pilatesbodyondemand.com</p>  </div>