

May 2023

PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Core/Abs</i>	TUESDAY <i>Full Body</i>	WEDNESDAY <i>Intention</i>	THURSDAY <i>Rest/Choice</i>	FRIDAY <i>Flow</i>	SATURDAY <i>Choice/Core</i>
	1 NEW! ■ Abs + Booty Quickie Class #242	2 ■ Pilates Postnatal Body Weight Strength #186	3 ■ Pilates Strong Legs Workout Class #36	4 ■ Choice Workout or Rest	5 NEW! ■ Postnatal Mother's Day Flow #241	6 ■ The "Core of the Matter" Class #83
7 ■ Rest Day	8 ■ Standing Abs Class #86	9 ■ 25 Minute Pilates Ab & Leg Workout Class #217	10 ■ Pelvic Opening Mat Pilates Class #151	11 ■ Choice Workout or Rest	12 ■ Pilates Power Mat Flow Class #208	13 ■ Simple Abs Circuit Class #44
14 ■ Rest Day <i>Happy Mother's Day</i>	15 ■ Abs + Booty Quickie Class #242	16 ■ Poolside Pilates Full Body Flow #185	17 ■ Poolside Pilates Total Arm Tone #70	18 ■ Choice Workout or Rest	19 ■ Mat Pilates Mind-Body Connection Class #202	20 ■ Power Circle Mat Class #11
21 ■ Rest Day	22 ■ Athletics Abs Pilates Circuit Class #216	23 ■ Elasti Sculpt Class #115	24 ■ Abs + Booty Quickie Class #242	25 ■ Choice Workout or Rest	26 ■ Postnatal Mother's Day Flow #241	27 ■ Strong Core Flow Class #104
28 ■ Rest Day	29 <i>** Happy **</i> MEMORIAL DAY ■ Abs + Booty Quickie Class #242	30 ■ Pilates Postnatal Body Weight Strength #186	31 ■ Pilates Strong Legs Workout Class #36	<p>All Workouts on the app www.pilatesbodyondemand.com</p> 		