

May 2023

PRENATAL 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! ■ Prenatal Core #240	2 ■ Total Body Chair Pilates #224	3 ■ Prenatal Yoga Breath Work For Labor # 182	4 ■ Choice Workout or Rest	5 ■ Prenatal Yoga Second Trimester Flow #207	6 ■ Pre & Postnatal Plank Progression Pilates Class #203
7 ■ Rest Day	8 ■ Prenatal Pilates Ab Blast Class #108	9 ■ Prenatal Yoga for Beginners #220	10 NEW! ■ Prenatal Yoga Honor the Mother #239	11 ■ Choice Workout or Rest	12 ■ Blooming Morning Routine #237	13 ■ Choice Workout
14 ■ Rest Day <i>Happy Mother's Day</i>	15 ■ Pelvic Floor Yoga #136	16 ■ Prenatal Yoga Bedtime Yoga #206	17 ■ Prenatal Yoga Birth Prep #138	18 ■ Choice Workout or Rest	19 ■ Prenatal Yoga Flow Class #137	20 ■ Pelvic Floor & Glutes Class #158
21 ■ Rest Day	22 ■ Prenatal Pilates Strong Core Class #133	23 ■ Love Your Labor Prenatal Yoga Class #225	24 ■ Prenatal Yoga for Hips & Lower Back #219	25 ■ Choice Workout or Rest	26 ■ Spring Into Labor Prenatal Yoga Flow Class #228	27 ■ Choice Workout
28 ■ Rest Day	29 <i>** Happy **</i> MEMORIAL DAY ■ Pelvic Floor Yoga #153 	30 ■ Prenatal Pilates/Barre #132	31 ■ Prenatal Yoga for SI Pain #213	<p>All Workouts on the app www.pilatesbodyondemand.com</p> 		