










PILATESBODY
— ON-DEMAND —

July 2023

PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Core</i>	TUESDAY <i>Lower Body</i>	WEDNESDAY <i>Choice</i>	THURSDAY <i>Full Body</i>	FRIDAY <i>Intention</i>	SATURDAY <i>Recovery</i>
						1  Rest Day
2  Rest Day	3  Athletic Abs Pilates Circuit Class #216	4   Pilates Lower Body Ball Blast Class #98	5  Choice Workout	6  Beginner Fitness Pilates at the Pool #190	7 NEW!  Postnatal Hips Stretch & Strength #250	8  Rest Day
9  Rest Day	10 NEW!  Beginner Obliques #253	11  25 Minute Pilates Ab & Leg Workout Class #217	12  Choice Workout	13  Total Body Poolside Pilates #189	14  Tank Top Arms Class #178	15  Rest Day
16  Rest Day	17  Ab Circuit Class #26	18  Pilates Booty Band Circuit Class #209	19  Choice Workout	20  Beginner Fitness Pilates at the Pool #190	21 NEW!  Postnatal Yoga Upper Body #252	22  Rest Day
23  Rest Day	24  Beginner Obliques #253	25  Tushy Time Class #96	26  Choice Workout	27  Poolside Pilates Full Body Flow #185	28  Postnatal Yoga Hips & Lower Back #251	29  Rest Day
30  Rest Day	31  Athletic Abs Pilates Circuit Class #216					

All Workouts on the app

www.pilatesbodyondemand.com

