
































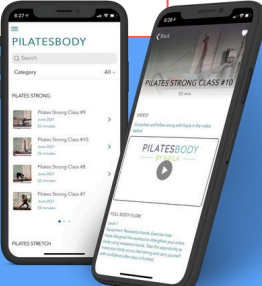




PILATESBODY
— ON-DEMAND —

July 2023

PRENATAL 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  Prenatal Core Class #240	 4  NEW! Postnatal Hips Stretch & Strength #250	5  Choice Workout	6  Prenatal Yoga For Energy #247	7  Prenatal Yoga Avoid Tearing In Birth #193	8  Rest Day
9  Rest Day	10  Pilates Pelvic Floor and Glutes #158	11  Prenatal Yoga for Hips & Lower Back Pain #219	12  Choice Workout	13  Prenatal Yoga Second Trimester Flow #207	14  Prenatal Yoga for SI Pain #213	15  Rest Day
16  Rest Day	17  Prenatal Pilates Strong Core #133	18  Prenatal Lower Body Endurance For Birth #192	19  Choice Workout	20  Prenatal Yoga for Energy #247	21  Prenatal Yoga for Better Sleep #206	22  Rest Day
23  Rest Day	24  Prenatal Pilates Ab Blast Class #107	25  Love Your Labor Prenatal Yoga Class	26  Choice Workout	27  Couples Prenatal Yoga #131	28  Prenatal Yoga - Late Pregnancy & Early Labor #201	29  Rest Day
30  Rest Day	31  Daily Core Flow #105					

All Workouts on the app

www.pilatesbodyondemand.com

