



PILATESBODY
— ON-DEMAND —

June 2023

PILATES WORKOUT CALENDAR

| SUNDAY <i>Recovery</i> | MONDAY <i>Total Body</i> | TUESDAY <i>Core</i> | WEDNESDAY <i>Rest</i> | THURSDAY <i>Choice</i> | FRIDAY <i>Lower Body</i> | SATURDAY <i>Core</i> |
|--|--|--|--------------------------|-------------------------------|---|--|
| | | | | 1 ■ Choice Workout | 2 ■ Barre Sculpt that SASS #150 | 3 ■ Pre/Postnatal Plank Progression Class #203 |
| 4 ■ Rest Day | 5 ■ Push, Plank, Pump #174 | 6 NEW! ■ Beginner Pilates Foundation Class #246 | 7 ■ Rest | 8 ■ Choice Workout | 9 ■ Pilates/Barre Class #132 | 10 ■ Mat Pilates Oblique Blaze Class #140 |
| 11 ■ Rest Day | 12 ■ Barre Sculpt + Stretch #117 | 13 NEW! ■ Postnatal Core and Pelvic Floor #249 | 14 ■ Rest | 15 ■ Choice Workout | 16 ■ Build a Booty Class #90 | 17 ■ Prenatal Pilates Ab Blast class #108 |
| 18 ■ Rest Day  | 19 ■ Pilates Strong Band Bonanza #103 | 20 ■ Strong Core Flow Class #104 | 21 ■ Rest | 22 ■ Choice Workout | 23 ■ Pilates Strong Class #54 | 24 ■ Beginner Pilates Foundation Class #246 |
| 25 ■ Rest Day | 26 ■ Extreme Strength and Tone Class #50 | 27 ■ Postnatal Core and Pelvic Floor #249 | 28 ■ Rest | 29 ■ Choice Workout | 30 ■ Low Impact Standing Pilates Class #126 | |