



PILATESBODY
— ON-DEMAND —

June 2023

PRENATAL 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 ■ Prenatal Yoga for Lower Body Stretching #187	3 ■ Prenatal Yoga Core Class #240
4 ■ Rest Day	5 NEW! ■ Prenatal For Energy #247	6 ■ Pilates Lower Ab Circuit Class for 1st Trimester #184	7 ■ Rest	8 ■ Choice Workout	9 ■ Ab and Booty Body Weight Mat Pilates #242	10 ■ Mat Pilates Oblique Blaze Class #140
11 ■ Rest Day	12 ■ Spring Into Labor Prenatal Yoga Flow #228	13 ■ Prenatal Yoga Glutes Class #159	14 ■ Rest	15 ■ Choice Workout	16 ■ Cardio Pilates Band Burnout #235	17 ■ Pelvic Floor Yoga #153
18 ■ Rest Day 	19 ■ Prenatal Yoga For Beginners #220	20 ■ Prenatal Yoga Breathwork for Labor #182	21 ■ Rest	22 ■ Choice Workout	23 NEW! ■ Prenatal Yoga for SPD or PGP #248	24 ■ Pilates Pelvic Floor and Glute Class #158
25 ■ Rest Day	26 ■ Prenatal Yoga Second Trimester Flow #207	27 ■ Pelvic Floor Yoga #136	28 ■ Rest	29 ■ Choice Workout	30 ■ Prenatal Yoga for Hips and Lower Back #219	