



**PILATESBODY**  
— ON-DEMAND —

# August 2023

## PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Total Body</i>	TUESDAY <i>Choice</i>	WEDNESDAY <i>Core/Flow</i>	THURSDAY <i>Lower Body</i>	FRIDAY <i>Core</i>	SATURDAY <i>Recovery</i>
		<b>1</b> ■ Choice Workout	<b>2</b> <b>NEW!</b> ■ 15 Minute Prenatal Approved Core #256	<b>3</b> ■ Low Impact Standing Pilates Class #126	<b>4</b> ■ Simple Ab Circuit Class #44	<b>5</b> ■ Rest Day
<b>6</b> ■ Rest Day	<b>7</b> <b>NEW!</b> ■ Low Impact Cardio Pilates #259	<b>8</b> ■ Choice Workout	<b>9</b> ■ Standing Abs Class #86	<b>10</b> ■ Tushy Time Class #96	<b>11</b> ■ Mat Flow Class #25	<b>12</b> ■ Rest Day
<b>13</b> ■ Rest Day	<b>14</b> ■ Barreless Full-Body Sculpt #161	<b>15</b> ■ Choice Workout	<b>16</b> ■ 15 Minute Prenatal Approved Core #256	<b>17</b> ■ Mat Pilates Class #31	<b>18</b> ■ Postpartum Core Recovery #154	<b>19</b> ■ Rest Day
<b>20</b> ■ Rest Day	<b>21</b> ■ Low Impact Cardio Pilates #259	<b>22</b> ■ Choice Workout	<b>23</b> ■ Flexy Spine Class #74	<b>24</b> ■ Mommy Butt Lift Class #77	<b>25</b> ■ Power Circle Mat Class #11	<b>26</b> ■ Rest Day
<b>27</b> ■ Rest Day	<b>28</b> ■ Low Impact Cardio Pilates #259	<b>29</b> ■ Choice Workout	<b>30</b> ■ 15 Minute Prenatal Approved Core #256	<b>31</b> ■ Pilates Strong Legs Workout Class #36		

**All Workouts on the app** [www.pilatesbodyondemand.com](http://www.pilatesbodyondemand.com)