



PILATESBODY
— ON-DEMAND —

September 2023

PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Lower Body</i>	TUESDAY <i>Core</i>	WEDNESDAY <i>Full Body</i>	THURSDAY <i>Choice</i>	FRIDAY <i>Upper Body</i>	SATURDAY <i>Recovery</i>
 <p>All Workouts on the app www.pilatesbodyondemand.com</p>					1 NEW! Prenatal Yoga for Neck & Shoulders #260	2 Rest Day
3 Rest Day	4 Pilates Strong Legs Workout Class #36	5 NEW! TRX Pilates Ab Crusher #265	6 NEW! Total Body Pilates #263	7 Workout of Choice	8 Quick Arm Sculpt Class #99	9 Rest Day
10 Rest Day	11 25 Min Pilates Ab and Leg Workout Class #217	12 NEW! Wall Pilates for Pelvic Floor Strength #264	13 Pilates Power Mat Flow Class #208	14 Workout of Choice	15 Prenatal Yoga for Neck & Shoulders #260	16 Rest Day
17 Rest Day	18 Low Impact Standing Pilates Class #126	19 TRX Pilates Ab Crusher #265	20 Total Body Pilates #263	21 Workout of Choice	22 Arms & Abs Fusion Class #91	23 Rest Day
24 Rest Day	25 Strong Glutes Mat Class #46	26 Wall Pilates for Pelvic Floor Strength #264	27 Standing Abs Class #86	28 Workout of Choice	29 12 Minute Spring Break Arms Class #221	30 Rest Day