



PILATESBODY  
— ON-DEMAND —

# November 2023

## PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Full Body</i>	TUESDAY <i>Choice</i>	WEDNESDAY <i>Core</i>	THURSDAY <i>Lower Body</i>	FRIDAY <i>Full Body</i>	SATURDAY <i>Core/Mobility</i>
<p><b>All Workouts on the app</b></p> <p><a href="http://www.pilatesbodyondemand.com">www.pilatesbodyondemand.com</a></p> 			<p><b>1</b> <b>NEW!</b></p> <ul style="list-style-type: none"> <li>Wall Pilates Athletic Arms + Abs #270</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Lower Body Mat Pilates Class #33</li> </ul>	<p><b>3</b> <b>NEW!</b></p> <ul style="list-style-type: none"> <li>Athletic Full Body Wall Pilates #265</li> </ul>	<p><b>4</b> <b>NEW!</b></p> <ul style="list-style-type: none"> <li>Cozy Yoga Flow #269</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Mat Sculpt &amp; Flow #111</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Workout of Choice</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Wall Pilates Athletic Arms + Abs #270</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Pilates Strong Legs Workout Class #36</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Barreless Full Body Sculpt #161</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>Foam Rolling Lower Body #78</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Athletic Full Body Wall Pilates #265</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Workout of Choice</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Flow Mat Pilates Class #22</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Hip Strengthening Mat Class #42</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Poolside Full Body Flow #185</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>Cozy Yoga Flow #269</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>Total Body Chair Pilates Class #224</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Workout of Choice</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Wall Pilates Athletic Arms + Abs #270</li> </ul>	<p><b>23</b> <i>Thanksgiving</i></p> <ul style="list-style-type: none"> <li>Pilates Lower Body Ball Blast Class #98</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Mat Pilates Mind-Body Connection #202</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>Yoga Core and Pelvic Floor Class #249</li> </ul>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>Rest Day</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>Athletic Full Body Wall Pilates #265</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Workout of Choice</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Love you to your core Pilates Class #226</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Build a Booty Class #90</li> </ul>		