



PILATESBODY
— ON-DEMAND —

November 2023

PRENATAL 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>All Workouts on the app</p> <p>www.pilatesbodyondemand.com</p> 			<p>1</p> <ul style="list-style-type: none"> Prenatal Yoga Core Class #240 	<p>2</p> <ul style="list-style-type: none"> Prenatal Yoga Workout #268 	<p>3</p> <ul style="list-style-type: none"> Prenatal Yoga for Beginners #220 	<p>4</p> <ul style="list-style-type: none"> Prenatal Yoga for Pelvic Pain SPD, PGP #248
<p>5</p> <ul style="list-style-type: none"> Rest Day 	<p>6</p> <ul style="list-style-type: none"> Prenatal Gentle Yoga Class #258 	<p>7</p> <ul style="list-style-type: none"> Workout of Choice 	<p>8</p> <ul style="list-style-type: none"> Wall Pilates for Pelvic Floor Strength #264 	<p>9</p> <ul style="list-style-type: none"> Prenatal Yoga for SI Pain #213 	<p>10</p> <ul style="list-style-type: none"> Total Body Chair Pilates Class #224 	<p>11</p> <ul style="list-style-type: none"> Pre and Postnatal Plank Progression #203
<p>12</p> <ul style="list-style-type: none"> Rest Day 	<p>13</p> <ul style="list-style-type: none"> Prenatal Fill Your Cup Yoga Class #262 	<p>14</p> <ul style="list-style-type: none"> Workout of Choice 	<p>15</p> <ul style="list-style-type: none"> Pilates Lower Ab Circuit Course #184 	<p>16</p> <ul style="list-style-type: none"> 5 minute Pilates Exercises for Sacroiliac Pain #266 	<p>17</p> <ul style="list-style-type: none"> Prenatal Blooming Morning Routine #237 	<p>18</p> <ul style="list-style-type: none"> Prenatal Yoga for Better Sleep #206
<p>19</p> <ul style="list-style-type: none"> Rest Day 	<p>20</p> <ul style="list-style-type: none"> Prenatal Fill Your Cup Yoga class #262 	<p>21</p> <ul style="list-style-type: none"> Workout of Choice 	<p>22</p> <ul style="list-style-type: none"> 15 minute Prenatal Core Class #256 	<p>23</p> <p><i>Thanksgiving</i></p> <ul style="list-style-type: none"> Prenatal Yoga for Hips and Lower Back #219 	<p>24</p> <ul style="list-style-type: none"> Prenatal Yoga To Avoid Tearing in Birth #193 	<p>25</p> <ul style="list-style-type: none"> Prenatal Yoga for Energy #247
<p>26</p> <ul style="list-style-type: none"> Rest Day 	<p>27</p> <ul style="list-style-type: none"> Prenatal Yoga Honor the Mother #239 	<p>28</p> <ul style="list-style-type: none"> Workout of Choice 	<p>29</p> <ul style="list-style-type: none"> Prenatal Yoga Core & Stretch #119 	<p>30</p> <ul style="list-style-type: none"> Cardio Pilates Band Burnout #235 		