



PILATESBODY
— ON-DEMAND —

October 2023

PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Full Body</i>	TUESDAY <i>Core/Mobility</i>	WEDNESDAY <i>Choice</i>	THURSDAY <i>Upper Body</i>	FRIDAY <i>Lower Body</i>	SATURDAY <i>Core</i>
1 Rest Day	2 NEW! 5 Pilates Exercises for Sacroiliac Joint Pain #266	3 Strong Core Flow Class #104	4 Workout of Choice	5 Pilates for Neck and Upper Back Pain #197	6 NEW! Long Lean Leg Circuit Workout #267	7 Standing Abs Class #86
8 Rest Day	9 Total Body Pilates Class #263	10 Roll & Recover Class #135	11 Workout of Choice	12 Tank Top Tone Class #172	13 25 Min Pilates Ab and Leg Workout Class #217	14 The 'Core' of the Matter Class #83
15 Rest Day	16 5 Pilates Exercises for Sacroiliac Joint Pain #266	17 15 Min Abs Class #82	18 Workout of Choice	19 Long Lean Leg Circuit Workout #267	20 Pilates Booty Band Circuit Class #209	21 Core Building Class #72
22 Rest Day	23 Spring Inspired Mat Pilates Class #230	24 Foam Rolling Lower Body Class #78	25 Workout of Choice	26 Long Lean Leg Circuit Workout #267	27 Put Your Back & Hips Into It Class #170	28 Plank Party Class #71
29 Rest Day	30 5 Pilates Exercises for Sacroiliac Joint Pain #266	31 Simple Ab Circuit Class #44 				