



PILATESBODY
— ON-DEMAND —

December 2023

PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Full Body</i>	TUESDAY <i>Mobility</i>	WEDNESDAY <i>Lower Body</i>	THURSDAY <i>Upper Body</i>	FRIDAY <i>Core</i>	SATURDAY <i>Choice</i>
					1 ■ Diastasis Recti Basics Part 1 #199	2 ■ Choice Movement for the day
					3 ■ Rest Day	4 NEW! ■ Full Body Wall Pilates #273
10 ■ Rest Day	11 ■ Pilates Postnatal Body Weight Strength #186	12 ■ Pilates Mobility & Stretch Glutes & Hamstrings #179	13 ■ Lower Body Blast Wall Pilates #272	14 ■ Tank Top Arms Class #178	15 ■ Mat Pilates Oblique Blaze Class #140	16 ■ Choice Movement for the day
17 ■ Rest Day	18 ■ Full Body Wall Pilates #273	19 ■ Soothing Stretch Class #94	20 ■ 25 Min Pilates Ab & Leg Workout #217	21 ■ Prenatal Pilates Standing Class #139	22 ■ Planks Planks Baby! Class #164	23 ■ Choice Movement for the day
24 ■ Rest Day	25  ■ Total Body Poolside Pilates #189	26 ■ Hip Flexor Release Class #49	27 ■ Lower Body Blast Wall Pilates #272	28 ■ Poolside Pilates Total Arm Tone #70	29 ■ Standing Abs Class #86	30 ■ Choice Movement for the day
31 ■ Rest Day						