



April 2023: Steady Legs, Strong Arms

MON

TUE

WED

THU

FRI

SAT

SUN

3

LIVE Class
4pm-5T (30 min)
Focused Strength Class
(30 min)

6

LIVE Class
4pm-5T (30 min)
Focused Strength Class
(30 min)

17

LIVE Class
4pm-5T (30 min)
Focused Strength Class
(30 min)

24

LIVE Class
4pm-5T (30 min)
Focused Strength Class
(30 min)

4

LIVE Class
4pm-5T (30 min)
Midline Handstand
(30 min)

11

LIVE Class
4pm-5T (30 min)
Down into Wheel
(30 min)

18

LIVE Class
4pm-5T (30 min)
The Land Stepper II
(30 min)

25

LIVE Class
4pm-5T (30 min)
Shoulder Relief
(30 min)

5

LIVE Class
4pm-5T (30 min)
Shoulder Mobility + Core
(30 min)

12

LIVE Class
4pm-5T (30 min)
Shoulder Mobility + Core
(30 min)

19

LIVE Class
4pm-5T (30 min)
Shoulder Mobility + Core
(30 min)

26

LIVE Class
4pm-5T (30 min)
Shoulder Mobility + Core
(30 min)

6

LIVE Class
4pm-5T (30 min)
Strength Support
(30 min)

13

LIVE Class
4pm-5T (30 min)
Strength Support
(30 min)

20

LIVE Class
4pm-5T (30 min)
Strength Support
(30 min)

27

LIVE Class
4pm-5T (30 min)
Strength Support
(30 min)

7

LIVE Class
4pm-5T (30 min)
Unified Tone Flow
(30 min)

14

LIVE Class
4pm-5T (30 min)
Self Handstand Flow
(30 min)

21

LIVE Class
4pm-5T (30 min)
Funky Front Flow
(30 min)

28

LIVE Class
4pm-5T (30 min)
Shoulder Flow
(30 min)

1

Wild Thru from the Floor Up
(30 min)

8

YogiGawana, Strong Shoulders
(30 min)

15

LIVE Class
4pm-5T (30 min)
Shoulder Flow
(30 min)

22

Powerful Legs Class
(30 min)

29

Salvo, Side Flow
(30 min)

2

Shoulder Focus Flow
(30 min)

9

Push, Pull, Tuck, Core
(30 min)

16

Sam, Exhale Support
(30 min)

23

Push, Pull, Grip, Core
(30 min)

30

Sam, Exhale Support
(30 min)