

MON

TUE

WED

THU

FRI

SAT

SUN

1

2

Wild Thing from the Floor Up
(30 min)

Singular Focus Flow
(15 min)

8

Vasisthasana, Strong Shoulders
(32 min)

9

Push, Pull Grow Flow
(16 min)

3

LIVE Class
4 pm ET (30 min)
Focused Strength Class
(20 min)

4

LIVE Class
11 am ET (15 min)
Mellow Headstand
(17 min)

5

LIVE Class
12 pm ET (30 min)
Shoulder Mobility + Core
(9 min)

6

LIVE Class
11 am ET (15 min)
Strength Superset
(15 min)

7

LIVE Class
2 pm ET (30 min)
Uplifted Tree Flow
(9 min)

15

LIVE Class
3 pm ET (60 min)
Blockhead Flow
(32 min)

16

Sweet, Expansive Support
(17 min)

10

LIVE Class
4 pm ET (30 min)
Focused Strength Class
(20 min)

11

LIVE Class
11 am ET (15 min)
Flow Into Wheel
(34 mins)

12

LIVE Class
12 pm ET (30 min)
Shoulder Mobility + Core
(9 min)

13

LIVE Class
11 am ET (15 min)
Strength Superset
(15 min)

14

LIVE Class
2 pm ET (30 min)
Half Handstand Flow
(10 min)

22

Powerful Legs Flow
(34 min)

23

Push, Pull Grow Flow
(16 min)

17

LIVE Class
4 pm ET (30 min)
Focused Strength Class
(20 min)

18

LIVE Class
11 am ET (15 min)
Flip It and Reverse It
(33 min)

19

LIVE Class
12 pm ET (30 min)
Shoulder Mobility + Core
(9 min)

20

LIVE Class
11 am ET (15 min)
Strength Superset
(15 min)

21

LIVE Class
2 pm ET (30 min)
Funky, Fresh Flow
(9 min)

29

Swing, Slide Flow
(30 min)

30

Sweet, Expansive Support
(17 min)

24

LIVE Class
4 pm ET (30 min)
Focused Strength Class
(20 min)

25

LIVE Class
11 am ET (15 min)
Shoulder Relief
(17 min)

26

LIVE Class
12 pm ET (30 min)
Shoulder Mobility + Core
(9 min)

27

LIVE Class
11 am ET (15 min)
Strength Superset
(15 min)

28

LIVE Class
2 pm ET (30 min)
Shoulderific Flow
(8 min)