



November 2023: Inner Heat, Outer Balance

Please keep an eye on your weekly emails for any changes to live class times.

MON

TUE

WED

THU

FRI

SAT

SUN

1
LIVE Class
12 pm ET (30 min)
Shoulder & Core
Mobility Support
(10 min)

2
LIVE Class
9:30 am ET (15 min)
Strength
Class
(18 min)

3
LIVE Class
12 pm ET (30 min)
Block Balance
Flow
(10 min)

4
Pigeon 4:
Big Lift
(34 min)

5
Turn Up
the Heat
(16 min)

6
LIVE Class
12 pm ET (30 min)
Focused
Class
(21 min)

7
LIVE Class
9:30 am ET (15 min)
Repeat
for Heat
(16 min)

8
LIVE Class
12 pm ET (30 min)
Shoulder & Core
Mobility Support
(10 min)

9
LIVE Class
9:30 am ET (15 min)
Strength
Class
(18 min)

10
LIVE Class
12 pm ET (30 min)
Standing Split
Flow
(10 min)

11
Yoga with
Resistance Bands
(36 min)

12
Slow
Simmer
(17 min)

13
LIVE Class
12 pm ET (30 min)
Focused
Class
(21 min)

14
LIVE Class
9:30 am ET (15 min)
360 Tree
(15 mins)

15
LIVE Class
12 pm ET (30 min)
Shoulder & Core
Mobility Support
(10 min)

16
LIVE Class
9:30 am ET (15 min)
Strength
Class
(18 min)

17
LIVE Class
12 pm ET (30 min)
Crow Flow
(8 min)

18
LIVE Class
10 am ET (60 min)
Core & Restore:
Central Lift
(33 min)

19
Turn Up
the Heat
(16 min)

20
LIVE Class
12 pm ET (30 min)
Focused
Class
(21 min)

21
LIVE Class
9:30 am ET (15 min)
Singular
Focus Flow
(15 min)

22
LIVE Class
12 pm ET (30 min)
Shoulder & Core
Mobility Support
(10 min)

23
LIVE Class
9:30 am ET (15 min)
Strength
Class
(18 min)

24
LIVE Class
12 pm ET (30 min)
Core Crunch
Flow
(8 min)

25
Better
Balance 3
(31 min)

26
Slow
Simmer
(17 min)

27
LIVE Class
12 pm ET (30 min)
Focused
Class
(21 min)

28
LIVE Class
9:30 am ET (15 min)
Fire of the
Heart Flow
(17 min)

29
LIVE Class
12 pm ET (30 min)
Shoulder & Core
Mobility Support
(10 min)

30
LIVE Class
9:30 am ET (15 min)
Strength
Class
(18 min)