



## January 2024: Root, Rotate, Renew

Please keep abreast of your weekly schedule for any additional changes to our schedule.

MON

1  
LIVE Class  
9am-11am (ET)  
Focused  
Class  
10 min

8  
LIVE Class  
9am-11am (ET)  
Focused  
Class  
10 min

15  
Focused  
Class  
10 min

22  
LIVE Class  
9am-11am (ET)  
Focused  
Class  
10 min

29  
LIVE Class  
9am-11am (ET)  
Focused  
Class  
10 min

TUE

2  
LIVE Class  
9am-11am (ET)  
Release  
Rotation  
10 min

9  
LIVE Class  
9am-11am (ET)  
Turnout Toward  
the Light  
10 min

16  
Moving Blood  
Flow  
10 min

23  
LIVE Class  
9am-11am (ET)  
Mercury  
Movement  
10 min

30  
LIVE Class  
9am-11am (ET)  
Embrace the  
Unknown  
10 min

WED

3  
LIVE Class  
9am-11am (ET)  
Mobility for  
Shoulders and  
Cox. (9 min)

10  
LIVE Class  
9am-11am (ET)  
Mobility for  
Shoulders and  
Cox. (9 min)

17  
LIVE Class  
9am-11am (ET)  
Mobility for  
Shoulders and  
Cox. (9 min)

24  
LIVE Class  
9am-11am (ET)  
Mobility for  
Shoulders and  
Cox. (9 min)

31  
LIVE Class  
9am-11am (ET)  
Mobility for  
Shoulders and  
Cox. (9 min)

THU

4  
LIVE Class  
9am-11am (ET)  
Strength  
Circuit  
10 min

11  
Strength  
Circuit  
10 min

18  
LIVE Class  
9am-11am (ET)  
Strength  
Circuit  
10 min

25  
LIVE Class  
9am-11am (ET)  
Strength  
Circuit  
10 min

FRI

5  
Whispered  
Flow  
10 min

12  
Rotate that  
Gate  
10 min

19  
LIVE Class  
9am-11am (ET)  
Tend and Soak  
Flow  
10 min

26  
LIVE Class  
9am-11am (ET)  
Twisted Dow  
Flow  
10 min

SAT

6  
Turntable  
10 min

13  
Stable Base,  
Sensuous Heart  
10 min

20  
LIVE Class  
9am-11am (ET)  
Over and Over  
Again  
10 min

27  
Tend, Lift,  
Bend  
10 min

SUN

7  
Rotate, Revolve,  
Return  
10 min

14  
Rotate, Return,  
Recharge  
10 min

21  
Rotate, Revolve,  
Return  
10 min

28  
Rotate, Return,  
Recharge  
10 min