



January 2024: Root, Rotate, Renew

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

MON

1
LIVE Class
12 pm ET (30 min)
Focused Class
(21 min)

8
LIVE Class
12 pm ET (30 min)
Focused Class
(21 min)

15
Focused Class
(21 min)

22
LIVE Class
12 pm ET (30 min)
Focused Class
(21 min)

29
LIVE Class
12 pm ET (30 min)
Focused Class
(21 min)

TUE

2
LIVE Class
9:30 am ET (15 min)
Relaxed Rotation
(19 min)

9
LIVE Class
9:30 am ET (15 min)
Turning Toward the Light
(16 min)

16
Waxing Moon Flow
(18 mins)

23
LIVE Class
9:30 am ET (15 min)
Mellow Movement
(13 min)

30
LIVE Class
9:30 am ET (15 min)
Embrace the Unknown
(15 min)

WED

3
LIVE Class
12 pm ET (30 min)
Mobility for Shoulders and Core (11 min)

10
LIVE Class
12 pm ET (30 min)
Mobility for Shoulders and Core (11 min)

17
LIVE Class
12 pm ET (30 min)
Mobility for Shoulders and Core (11 min)

24
LIVE Class
12 pm ET (30 min)
Mobility for Shoulders and Core (11 min)

31
LIVE Class
12 pm ET (30 min)
Mobility for Shoulders and Core (11 min)

THU

4
LIVE Class
9:30 am ET (15 min)
Strength Circuit
(19 min)

11
Strength Circuit
(19 min)

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

25
LIVE Class
9:30 am ET (15 min)
Strength Circuit
(19 min)

FRI

5
Wraparound Flow
(9 min)

12
Rotate that Gate
(9 min)

19
LIVE Class
12 pm ET (30 min)
Twist and Spin Flow
(8 min)

26
LIVE Class
12 pm ET (30 min)
Twisted Dog Flow
(8 min)

SAT

6
Turntable
(32 min)

13
Stable Base, Spacious Heart
(35 min)

20
LIVE Class
10 am ET (60 min)
Over and Over Again
(35 min)

27
Twist, Lift, Bend
(32 min)

SUN

7
Rotate, Reveal, Return
(16 min)

14
Rotate, Return, Recharge
(20 min)

21
Rotate, Reveal, Return
(16 min)

28
Rotate, Return, Recharge
(20 min)