



March 2024: Push, Spring, Open Quads and Backbends

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

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
				<u>Pushing Power Flow</u> (9 min)	<u>One Legged Wonder</u> (30 min)	<u>Upward Growth</u> (15 min)
4	5	6	7	8	9	10
<u>Strength Focused Class</u> (21 min)	<u>Pulling Into the Flow</u> (17 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Jump Practice</u> (18 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (23 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Springy Legs Flow</u> (9 min)	<u>Sweet and Salty Hips</u> (35 min)	<u>Deep Roots</u> (24 min)
11	12	13	14	15	16	17
<u>LIVE Class</u> 12 pm ET (30 min) <u>Strength Focused Class</u> (21 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Low Rising</u> (18 mins)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Jump Practice</u> (18 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (23 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Sugar Moon Flow</u> (9 min)	<u>LIVE Class</u> 10 am ET (60 min) <u>Bendy Tree Flow</u> (29 min)	<u>Upward Growth</u> (15 min)
18	19	20	21	22	23	24
<u>LIVE Class</u> 12 pm ET (30 min) <u>Strength Focused Class</u> (21 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Fire of the Heart Flow</u> (17 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Jump Practice</u> (18 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (23 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Leg Power Flow</u> (8 min)	<u>Kneeling with a Twist</u> (36 min)	<u>Deep Roots</u> (24 min)
25	26	27	28	29	30	31
<u>Strength Focused Class</u> (21 min)	<u>Push, Pull, Grow</u> (16 min)	<u>Jump Practice</u> (18 min)	<u>Strength Circuit</u> (23 min)	<u>Roly, Pulley Flow</u> (9 min)	<u>Round and Row Flow</u> (34 min)	<u>Upward Growth</u> (15 min)