



May 2024: Anchor, Stretch, Connect

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 10 pm - 11:30 pm Mobility, Strength 10:00 AM	2 LIVE Class 10 pm - 11:30 pm Strength Circuit 10:00 AM	3 Core Crunch Flow 10:00 AM	4 Build the Moon 10:00 AM	5 Stretch and Slide 10:00 AM
6 LIVE Class 10 pm - 11:30 pm Focused Class 10:00 AM	7 LIVE Class 10 pm - 11:30 pm Focus on Torso: Post 10:00 AM	8 LIVE Class 10 pm - 11:30 pm Mobility, Strength 10:00 AM	9 LIVE Class 10 pm - 11:30 pm Strength Circuit 10:00 AM	10 LIVE Class 10 pm - 11:30 pm Roundabout Flow 10:00 AM	11 Lateral Lunge, Straps and Stretches 10:00 AM	12 Connect in to Post 10:00 AM
13 LIVE Class 10 pm - 11:30 pm Focused Class 10:00 AM	14 LIVE Class 10 pm - 11:30 pm Core Like a Boss 10:00 AM	15 LIVE Class 10 pm - 11:30 pm Mobility, Strength 10:00 AM	16 LIVE Class 10 pm - 11:30 pm Strength Circuit 10:00 AM	17 LIVE Class 10 pm - 11:30 pm Time to Bend Flow 10:00 AM	18 LIVE Class 10 pm - 11:30 pm Stretch and Core Flow 10:00 AM	19 Stretch and Slide 10:00 AM
20 LIVE Class 10 pm - 11:30 pm Focused Class 10:00 AM	21 LIVE Class 10 pm - 11:30 pm Dynamic Warrior 10:00 AM	22 LIVE Class 10 pm - 11:30 pm Mobility, Strength 10:00 AM	23 LIVE Class 10 pm - 11:30 pm Strength Circuit 10:00 AM	24 LIVE Class 10 pm - 11:30 pm Transitions and Core Flow 10:00 AM	25 Make That Stretch for U 10:00 AM	26 Connect in to Post 10:00 AM
27 Focused Class 10:00 AM	28 Build the Moon 10:00 AM	29 Mobility, Strength 10:00 AM	30 Strength Circuit 10:00 AM	31 Super Saturday Flow 10:00 AM		