



# 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  
12 pm ET (30 min)  
Mobility:  
Windmills  
(10 min)

**2**  
LIVE Class  
12 pm ET (15 min)  
Strength  
Circuit  
(18 min)

**3**  
Core Crunch  
Flow  
(8 min)

**4**  
Pushing the  
Moon  
(32 min)

**5**  
Step and Slide  
to Connect  
(15 min)

**6**  
LIVE Class  
12 pm ET (30 min)  
Focused  
Class  
(17 min)

**7**  
LIVE Class  
12 pm ET (15 min)  
Focus on  
Triangle Pose  
(17 min)

**8**  
LIVE Class  
12 pm ET (30 min)  
Mobility:  
Windmills  
(10 min)

**9**  
LIVE Class  
12 pm ET (15 min)  
Strength  
Circuit  
(18 min)

**10**  
LIVE Class  
12 pm ET (30 min)  
Roundabout  
Flow  
(8 min)

**11**  
Lateral Lunge:  
Strong and Steady.  
(31 min)

**12**  
Connect in  
to Rest  
(18 min)

**13**  
LIVE Class  
12 pm ET (30 min)  
Focused  
Class  
(17 min)

**14**  
LIVE Class  
12 pm ET (15 min)  
Flow Like a  
River  
(18 mins)

**15**  
LIVE Class  
12 pm ET (30 min)  
Mobility:  
Windmills  
(10 min)

**16**  
LIVE Class  
12 pm ET (15 min)  
Strength  
Circuit  
(18 min)

**17**  
LIVE Class  
12 pm ET (30 min)  
Tree to Seed  
Flow  
(9 min)

**18**  
LIVE Class  
10 am ET (60 min)  
Simple Not  
Easy Flow  
(32 min)

**19**  
Step and Slide  
to Connect  
(15 min)

**20**  
LIVE Class  
12 pm ET (30 min)  
Focused  
Class  
(17 min)

**21**  
LIVE Class  
12 pm ET (15 min)  
Dynamic  
Warrior  
(15 min)

**22**  
LIVE Class  
12 pm ET (30 min)  
Mobility:  
Windmills  
(10 min)

**23**  
LIVE Class  
12 pm ET (15 min)  
Strength  
Circuit  
(18 min)

**24**  
LIVE Class  
12 pm ET (30 min)  
Transitions are  
Magic Flow  
(9 min)

**25**  
Hasta Pad:  
Reach for It  
(30 min)

**26**  
Connect in  
to Rest  
(18 min)

**27**  
Focused  
Class  
(17 min)

**28**  
Building  
Heat  
(17 min)

**29**  
Mobility:  
Windmills  
(10 min)

**30**  
Strength  
Circuit  
(18 min)

**31**  
Super Rotation  
Flow  
(9 min)