



August 2024: Core and More

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

MON	TUE	WED	THU	FRI	SAT	SUN
			1 LIVE Class 10 am - 12 pm Strength Circuit 10 min	2 Core Crunch Flow 10 min	3 Tail and Roll Flow 10 min	4 Positive Acrobatics 10 min
5 LIVE Class 10 am - 12 pm Expanded Strength Class 10 min	6 LIVE Class 10 am - 12 pm Stretch for Heat 10 min	7 LIVE Class 10 am - 12 pm Mobility Supplement 10 min	8 LIVE Class 10 am - 12 pm Strength Circuit 10 min	9 LIVE Class 10 am - 12 pm Core Flow 10 min	10 Roll & Cheat Flow 10 min	11 Quiet Core Connection 10 min
12 LIVE Class 10 am - 12 pm Expanded Strength Class 10 min	13 LIVE Class 10 am - 12 pm Low Core Flow 10 min	14 LIVE Class 10 am - 12 pm Mobility Supplement 10 min	15 LIVE Class 10 am - 12 pm Strength Circuit 10 min	16 LIVE Class 10 am - 12 pm Spin Around Flow 10 min	17 LIVE Class 10 am - 12 pm Transitions and Flow 10 min	18 Positive Acrobatics 10 min
19 LIVE Class 10 am - 12 pm Expanded Strength Class 10 min	20 LIVE Class 10 am - 12 pm Stretch Flow 10 min	21 LIVE Class 10 am - 12 pm Mobility Supplement 10 min	22 LIVE Class 10 am - 12 pm Strength Circuit 10 min	23 LIVE Class 10 am - 12 pm Low Stretch Flow 10 min	24 Gate Flow 2: Sweet Six Back Flow 10 min	25 Quiet Core Connection 10 min
26 LIVE Class 10 am - 12 pm Expanded Strength Class 10 min	27 LIVE Class 10 am - 12 pm Core Flow 10 min	28 LIVE Class 10 am - 12 pm Mobility Supplement 10 min	29 LIVE Class 10 am - 12 pm Strength Circuit 10 min	30 LIVE Class 10 am - 12 pm Positive Acrobatics Flow 10 min	31 Core Work and Chess 10 min	