



# 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

**5**  
LIVE Class  
12 pm ET (30 min)  
Focused Strength Class  
(22 min)

**12**  
LIVE Class  
12 pm ET (30 min)  
Focused Strength Class  
(22 min)

**19**  
LIVE Class  
12 pm ET (30 min)  
Focused Strength Class  
(22 min)

**26**  
LIVE Class  
12 pm ET (30 min)  
Focused Strength Class  
(22 min)

**6**  
LIVE Class  
12 pm ET (15 min)  
Repeat for Heat  
(16 min)

**13**  
LIVE Class  
12 pm ET (15 min)  
Low Crow Flow  
(15 mins)

**20**  
LIVE Class  
12 pm ET (15 min)  
Singular Focus  
(15 min)

**27**  
LIVE Class  
12 pm ET (15 min)  
Inner Heat  
(20 min)

**7**  
LIVE Class  
12 pm ET (30 min)  
Mobility Superset  
(14 min)

**14**  
LIVE Class  
12 pm ET (30 min)  
Mobility Superset  
(14 min)

**21**  
LIVE Class  
12 pm ET (30 min)  
Mobility Superset  
(14 min)

**28**  
LIVE Class  
12 pm ET (30 min)  
Mobility Superset  
(14 min)

**1**  
LIVE Class  
12 pm ET (15 min)  
Strength Circuit  
(23 min)

**8**  
LIVE Class  
12 pm ET (15 min)  
Strength Circuit  
(23 min)

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

**22**  
LIVE Class  
12 pm ET (15 min)  
Strength Circuit  
(23 min)

**29**  
LIVE Class  
12 pm ET (15 min)  
Strength Circuit  
(23 min)

**2**  
Core Crunch Flow  
(8 min)

**9**  
LIVE Class  
12 pm ET (30 min)  
Crow Flow  
(9 min)

**16**  
LIVE Class  
12 pm ET (30 min)  
Spin Around Flow  
(8 min)

**23**  
LIVE Class  
12 pm ET (30 min)  
Leg Switch Flow  
(9 min)

**30**  
LIVE Class  
12 pm ET (30 min)  
Playing Opposites Flow  
(9 min)

**3**  
Twist and Roll Flow  
(29 min)

**10**  
Rows 2: Chair Flow  
(28 min)

**17**  
LIVE Class  
10 am ET (60 min)  
Transitions are Magic  
(33 min)

**24**  
Gate Pose 7: Sweet Side Body Flow  
(31 min)

**31**  
Core Work and Chaos  
(28 min)

**4**  
Feeling Asymmetrical  
(19 min)

**11**  
Quiet Core Connection  
(19 min)

**18**  
Feeling Asymmetrical  
(19 min)

**25**  
Quiet Core Connection  
(19 min)