



## February 2025: Hips and Side Body

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

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Six Six Evening 10:00-11:00	2 Nourished and Grounded 10:00-11:00
3 LIVE Class 10:00am-11:00am Focused Class 10:00-11:00	4 LIVE Class 10:00am-11:00am Down, Quiet and Calm 10:00-11:00	5 LIVE Class 10:00am-11:00am Mobility Circuit 10:00-11:00	6 LIVE Class 10:00am-11:00am Strength Focused Class 10:00-11:00	7 LIVE Class 10:00am-11:00am Lowest Lateral Flow 10:00-11:00	8 Slow, Low, Into Mobility Flow 10:00-11:00	9 Get Low 10:00-11:00
10 LIVE Class 10:00am-11:00am Focused Class 10:00-11:00	11 LIVE Class 10:00am-11:00am Fast Forward Class 10:00-11:00	12 LIVE Class 10:00am-11:00am Mobility Circuit 10:00-11:00	13 LIVE Class 10:00am-11:00am Strength Focused Class 10:00-11:00	14 LIVE Class 10:00am-11:00am Mid N. Side Flow/Flow 10:00-11:00	15 LIVE Class 10:00am-11:00am Treehouse 10:00-11:00	16 Nourished and Grounded 10:00-11:00
17 LIVE Class 10:00am-11:00am Focused Class 10:00-11:00	18 LIVE Class 10:00am-11:00am Roll and Flow 10:00-11:00	19 LIVE Class 10:00am-11:00am Mobility Circuit 10:00-11:00	20 LIVE Class 10:00am-11:00am Strength Focused Class 10:00-11:00	21 LIVE Class 10:00am-11:00am Six Side Evening Class 10:00-11:00	22 Focus, Flow, and Lifted 10:00-11:00	23 Get Low 10:00-11:00
24 LIVE Class 10:00am-11:00am Focused Class 10:00-11:00	25 LIVE Class 10:00am-11:00am Fast Flow 10:00-11:00	26 LIVE Class 10:00am-11:00am Mobility Circuit 10:00-11:00	27 LIVE Class 10:00am-11:00am Strength Focused Class 10:00-11:00	28 LIVE Class 10:00am-11:00am Climb Around and Find Out Flow 10:00-11:00		