



February 2025: Hips and Side Body

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

MON

TUE

WED

THU

FRI

SAT

SUN

3 LIVE Class
12 pm ET (30 min)
Focused Class
(20 min)

4 LIVE Class
12 pm ET (15 min)
Pigeon, Quiet and Calm
(17 min)

5 LIVE Class
12 pm ET (30 min)
Mobility Circuit
(12 min)

6 LIVE Class
12 pm ET (15 min)
Strength Focused Class
(21 min)

7 LIVE Class
12 pm ET (30 min)
Liquid Lateral Flow
(9 min)

1
Big Hip Energy
(27 min)

2
Nourished and Grounded
(16 min)

10 LIVE Class
12 pm ET (30 min)
Focused Class
(20 min)

11 LIVE Class
12 pm ET (15 min)
Fluid Strength Flow
(17 mins)

12 LIVE Class
12 pm ET (30 min)
Mobility Circuit
(12 min)

13 LIVE Class
12 pm ET (15 min)
Strength Focused Class
(21 min)

14 LIVE Class
12 pm ET (30 min)
Slip N' Slide Hips Flow
(9 min)

8
15 LIVE Class
10 am ET (60 min)
TreeHouse
(30 min)

9
Get Low
(18 min)
16 Nourished and Grounded
(16 min)

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

18 LIVE Class
12 pm ET (15 min)
Roll and Flow
(16 min)

19 LIVE Class
12 pm ET (30 min)
Mobility Circuit
(12 min)

20 LIVE Class
12 pm ET (15 min)
Strength Focused Class
(21 min)

21 LIVE Class
12 pm ET (30 min)
Big Side Energy Flow
(8 min)

22
Spacious and Lifted
(30 min)

23
Get Low
(18 min)

24 LIVE Class
12 pm ET (30 min)
Focused Class
(20 min)

25 LIVE Class
12 pm ET (15 min)
Fluid Hips
(17 min)

26 LIVE Class
12 pm ET (30 min)
Mobility Circuit
(12 min)

27 LIVE Class
12 pm ET (15 min)
Strength Focused Class
(21 min)

28 LIVE Class
12 pm ET (30 min)
Climb Around and Find Out Flow
(9 min)