



# November 2023: Inner Heat, Outer Balance

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)  
Shoulder & Core  
Mobility Support  
(10 min)

**2**  
LIVE Class  
9:30 am ET (15 min)  
Strength  
Class  
(18 min)

**3**  
LIVE Class  
12 pm ET (30 min)  
Block Balance  
Flow  
(10 min)

**4**  
Pigeon 4:  
Big Lift  
(34 min)

**5**  
Turn Up  
the Heat  
(16 min)

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

**7**  
LIVE Class  
9:30 am ET (15 min)  
Repeat  
for Heat  
(16 min)

**8**  
LIVE Class  
12 pm ET (30 min)  
Shoulder & Core  
Mobility Support  
(10 min)

**9**  
LIVE Class  
9:30 am ET (15 min)  
Strength  
Class  
(18 min)

**10**  
LIVE Class  
12 pm ET (30 min)  
Standing Split  
Flow  
(10 min)

**11**  
Yoga with  
Resistance Bands  
(36 min)

**12**  
Slow  
Simmer  
(17 min)

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

**14**  
LIVE Class  
9:30 am ET (15 min)  
360 Tree  
(15 mins)

**15**  
LIVE Class  
12 pm ET (30 min)  
Shoulder & Core  
Mobility Support  
(10 min)

**16**  
LIVE Class  
9:30 am ET (15 min)  
Strength  
Class  
(18 min)

**17**  
LIVE Class  
12 pm ET (30 min)  
Crow Flow  
(8 min)

**18**  
LIVE Class  
10 am ET (60 min)  
Core & Restore:  
Central Lift  
(33 min)

**19**  
Turn Up  
the Heat  
(16 min)

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

**21**  
LIVE Class  
9:30 am ET (15 min)  
Singular  
Focus Flow  
(15 min)

**22**  
LIVE Class  
12 pm ET (30 min)  
Shoulder & Core  
Mobility Support  
(10 min)

**23**  
LIVE Class  
9:30 am ET (15 min)  
Strength  
Class  
(18 min)

**24**  
LIVE Class  
12 pm ET (30 min)  
Core Crunch  
Flow  
(8 min)

**25**  
Better  
Balance 3  
(31 min)

**26**  
Slow  
Simmer  
(17 min)

**27**  
LIVE Class  
12 pm ET (30 min)  
Focused  
Class  
(21 min)

**28**  
LIVE Class  
9:30 am ET (15 min)  
Fire of the  
Heart Flow  
(17 min)

**29**  
LIVE Class  
12 pm ET (30 min)  
Shoulder & Core  
Mobility Support  
(10 min)

**30**  
LIVE Class  
9:30 am ET (15 min)  
Strength  
Class  
(18 min)