



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
					1	2
					<u>Big Hip Energy</u> (27 min)	<u>Nourished and Grounded</u> (16 min)
3	4	5	6	7	8	9
<u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (20 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Pigeon, Quiet and Calm</u> (17 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (12 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Focused Class</u> (21 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Liquid Lateral Flow</u> (9 min)	<u>Slow, Low, Hip Mobility Flow</u> (28 min)	<u>Get Low</u> (18 min)
10	11	12	13	14	15	16
<u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (20 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Fluid Strength Flow</u> (17 mins)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (12 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Focused Class</u> (21 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Slip N' Slide Hips Flow</u> (9 min)	<u>LIVE Class</u> 10 am ET (60 min) <u>TreeHouse</u> (30 min)	<u>Nourished and Grounded</u> (16 min)
17	18	19	20	21	22	23
<u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (20 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Roll and Flow</u> (16 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (12 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Focused Class</u> (21 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Big Side Energy Flow</u> (8 min)	<u>Spacious and Lifted</u> (30 min)	<u>Get Low</u> (18 min)
24	25	26	27	28		
<u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (20 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Fluid Hips</u> (17 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (12 min)	<u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Focused Class</u> (21 min)	<u>LIVE Class</u> 12 pm ET (30 min) <u>Climb Around and Find Out Flow</u> (9 min)		