



August 2025: Strong, Steady Core

Please keep a log of your weekly stride for any additional changes to the schedule.

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Spin Around Class (30 min)	2 Rock Life Class (30 min)	3 Rock the Boat (30 min)
4 Live Class (30 min) (7:30-8:00) Strength Focused Class (30 min)	5 Live Class (30 min) (7:30-8:00) Service Life Session (30 min)	6 Live Class (30 min) (7:30-8:00) Mobility Circuit (30 min)	7 Live Class (30 min) (7:30-8:00) Strength Circuit (30 min)	8 Transitions are Hard , Flow (30 min)	9 Latino Revelation (30 min)	10 Smooth Latino (30 min)
11 Live Class (30 min) (7:30-8:00) Strength Focused Class (30 min)	12 Live Class (30 min) (7:30-8:00) Inner Flow (30 min)	13 Live Class (30 min) (7:30-8:00) Mobility Circuit (30 min)	14 Live Class (30 min) (7:30-8:00) Strength Circuit (30 min)	15 Crunch in Flow Old Flow (30 min)	16 Live Class (30 min) (7:30-8:00) Let's Roll (30 min)	17 Rock the Boat (30 min)
18 Live Class (30 min) (7:30-8:00) Strength Focused Class (30 min)	19 Live Class (30 min) (7:30-8:00) Building Heat (30 min)	20 Live Class (30 min) (7:30-8:00) Mobility Circuit (30 min)	21 Live Class (30 min) (7:30-8:00) Strength Circuit (30 min)	22 Swims and Flow , Flow (30 min)	23 Backward and Forward , Flow (30 min)	24 Smooth Latino (30 min)
25 Live Class (30 min) (7:30-8:00) Strength Focused Class (30 min)	26 Live Class (30 min) (7:30-8:00) Every Day Flow (30 min)	27 Live Class (30 min) (7:30-8:00) Mobility Circuit (30 min)	28 Live Class (30 min) (7:30-8:00) Strength Circuit (30 min)	29 Flowing Goodies , Flow (30 min)	30 Core Momentum (30 min)	31 Rock the Boat (30 min)