



# August 2025: Strong, Steady Core

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

MON

**4** LIVE Class  
12 pm ET (30 min)  
Strength Focused Class  
(23 min)

**11** LIVE Class  
12 pm ET (30 min)  
Strength Focused Class  
(23 min)

**18** LIVE Class  
12 pm ET (30 min)  
Strength Focused Class  
(23 min)

**25** LIVE Class  
12 pm ET (30 min)  
Strength Focused Class  
(23 min)

TUE

**5** LIVE Class  
12 pm ET (15 min)  
Single Leg Swing  
(16 min)

**12** LIVE Class  
12 pm ET (15 min)  
Inner Heat  
(20 mins)

**19** LIVE Class  
12 pm ET (15 min)  
Building Heat  
(17 min)

**26** LIVE Class  
12 pm ET (15 min)  
Fiery Fun Flow  
(18 min)

WED

**6** LIVE Class  
12 pm ET (30 min)  
Mobility Circuit  
(11 min)

**13** LIVE Class  
12 pm ET (30 min)  
Mobility Circuit  
(11 min)

**20** LIVE Class  
12 pm ET (30 min)  
Mobility Circuit  
(11 min)

**27** LIVE Class  
12 pm ET (30 min)  
Mobility Circuit  
(11 min)

THU

**7** LIVE Class  
12 pm ET (15 min)  
Strength Circuit  
(20 min)

**14** LIVE Class  
12 pm ET (15 min)  
Strength Circuit  
(20 min)

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

**28** LIVE Class  
12 pm ET (15 min)  
Strength Circuit  
(20 min)

FRI

**1**  
Spin Around Flow  
(8 min)

**8**  
Transitions are Magic Flow  
(9 min)

**15**  
Crunch In, Flow Out Flow  
(8 min)

**22**  
Swing and Play Flow  
(8 min)

**29**  
Playing Opposites Flow  
(9 min)

SAT

**2**  
Rise Up Flow  
(32 min)

**9**  
Sphinx Salutation  
(34 min)

**16** LIVE Class  
10 am ET (60 min)  
Let's Roll  
(29 min)

**23**  
Backward and Forward Flow  
(34 min)

**30**  
Core Momentum  
(29 min)

SUN

**3**  
Rock the Boat  
(17 min)

**10**  
Smooth Sailing  
(20 min)

**17**  
Rock the Boat  
(17 min)

**24**  
Smooth Sailing  
(20 min)

**31**  
Rock the Boat  
(17 min)