



December 2025: Hamstrings and Chill

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

MON	TUE	WED	THU	FRI	SAT	SUN
1 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (21 min)	2 <u>LIVE Class</u> 12 pm ET (15 min) <u>Wind Up, Wind Down</u> (19 min)	3 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (13 min)	4 <u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (18 min)	5 <u>Roundabout Flow</u> (8 min)	6 <u>Inner Light 1</u> (30 min)	7 <u>Folding In Flow</u> (18 min)
8 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (21 min)	9 <u>LIVE Class</u> 12 pm ET (15 min) <u>Sit and Fold In</u> (20 min)	10 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (13 min)	11 <u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (18 min)	12 <u>Twisted Dog Flow</u> (8 min)	13 <u>Inner Light 3</u> (28 min)	14 <u>Easing Into It</u> (17 min)
15 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (21 min)	16 <u>LIVE Class</u> 12 pm ET (15 min) <u>Slowly Winding Inward</u> (14 mins)	17 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (13 min)	18 <u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (18 min)	19 <u>Hanuman Flow</u> (8 min)	20 <u>LIVE Class</u> 10 am ET (60 min) <u>Inner Light 6</u> (35 min)	21 <u>Folding In Flow</u> (18 min)
22 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (21 min)	23 <u>LIVE Class</u> 12 pm ET (15 min) <u>Quiet, Calm, and Bright</u> (17 min)	24 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (13 min)	25 <u>Strength Circuit</u> (18 min)	26 <u>Standing Split Flow</u> (7 min)	27 <u>Inner Light 8</u> (34 min)	28 <u>Easing Into It</u> (17 min)
29 <u>Focused Class</u> (21 min)	30 <u>Bottomless Bends</u> (17 min)	31 <u>Resolve to Evolve</u> 11 am ET (60 min)				