



September 2020: Twist and Balance

Please keep in mind in your weekly schedule for any additional changes to live deadlines.

MON	TUE	WED	THU	FRI	SAT	SUN
	1 LIVE Class 12 pm-12:30 pm (ET) Custom Toward the Limb (30 min)	2 LIVE Class 12 pm-12:30 pm (ET) Mobility Circuit (40 min)	3 LIVE Class 12 pm-12:30 pm (ET) Strength Circuit (40 min)	4	5 Swim, Swim, Stretch (40 min)	6 Controlled Chops (40 min)
7 LIVE Class 12 pm-12:30 pm (ET) Focused Class (40 min)	8 LIVE Class 12 pm-12:30 pm (ET) Slow Stretches (40 min)	9 LIVE Class 12 pm-12:30 pm (ET) Mobility Circuit (40 min)	10 LIVE Class 12 pm-12:30 pm (ET) Strength Circuit (40 min)	11 Twisted, More Flow (40 min)	12 In Rotation (40 min)	13 Same Pose, Different Shape (40 min)
14 LIVE Class 12 pm-12:30 pm (ET) Focused Class (40 min)	15 Bounce for Your Chops (40 min)	16 LIVE Class 12 pm-12:30 pm (ET) Mobility Circuit (40 min)	17 LIVE Class 12 pm-12:30 pm (ET) Strength Circuit (40 min)	18 Standing Twist (40 min)	19 LIVE Class 12 pm-12:30 pm (ET) Core, Wrist and Chops (40 min)	20 Controlled Chops (40 min)
21 LIVE Class 12 pm-12:30 pm (ET) Focused Class (40 min)	22 LIVE Class 12 pm-12:30 pm (ET) Twist & Lift Twist & Chops (40 min)	23 LIVE Class 12 pm-12:30 pm (ET) Mobility Circuit (40 min)	24 LIVE Class 12 pm-12:30 pm (ET) Strength Circuit (40 min)	25 Twisted, Custom Flow (40 min)	26 Side Body Lift (40 min)	27 Same Pose, Different Shape (40 min)
28 LIVE Class 12 pm-12:30 pm (ET) Focused Class (40 min)	29 LIVE Class 12 pm-12:30 pm (ET) Pull in, Pull Out (40 min)	30 LIVE Class 12 pm-12:30 pm (ET) Mobility Circuit (40 min)				