



September 2026: Twist and Balance

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

MON	TUE	WED	THU	FRI	SAT	SUN
	1 <u>LIVE Class</u> 12 pm ET (15 min) <u>Turning Toward the Light</u> (16 min)	2 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (14 min)	3 <u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (20 min)	4 <u>Playing Opposites Flow</u> (9 min)	5 <u>Swing, Swap, Stretch</u> (29 min)	6 <u>Controlled Chaos</u> (17 min)
7 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (19 min)	8 <u>LIVE Class</u> 12 pm ET (15 min) <u>Slow Simmer</u> (17 min)	9 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (14 min)	10 <u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (20 min)	11 <u>Twisted Moon Flow</u> (9 min)	12 <u>In Rotation</u> (27 min)	13 <u>Same Pose, Different Story</u> (20 min)
14 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (19 min)	15 <u>Bounce for Your Ounce</u> (15 mins)	16 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (14 min)	17 <u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (20 min)	18 <u>Standing Twist Flow</u> (8 min)	19 <u>LIVE Class</u> 10 am ET (60 min) <u>Core Work and Chaos</u> (30 min)	20 <u>Controlled Chaos</u> (17 min)
21 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (19 min)	22 <u>LIVE Class</u> 12 pm ET (15 min) <u>Twist it Up, Twist it Down</u> (15 min)	23 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (14 min)	24 <u>LIVE Class</u> 12 pm ET (15 min) <u>Strength Circuit</u> (20 min)	25 <u>Twisted Dolphin Flow</u> (10 min)	26 <u>Side Body Lift</u> (30 min)	27 <u>Same Pose, Different Story</u> (20 min)
28 <u>LIVE Class</u> 12 pm ET (30 min) <u>Focused Class</u> (19 min)	29 <u>LIVE Class</u> 12 pm ET (15 min) <u>Pull In, Pull Out Flow</u> (16 min)	30 <u>LIVE Class</u> 12 pm ET (30 min) <u>Mobility Circuit</u> (14 min)				