

# NOVEMBER 2024

...in the Virtual Studio

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30 Yoga Class Pre-recorded	31	1	2
3	4	5 Kettlebell Power Program 10-11a ET	6 Yoga Class Pre-recorded	7 Kettlebell Power Program 10-11a ET	8	9
10	11	12 Kettlebell Power Program 10-11a ET	13 Yoga Class Pre-recorded	14 Kettlebell Power Program 10-11a ET	15	16
17	18	19 Kettlebell Power Program 10-11a ET	20	21 Kettlebell Power Program 10-11a ET	22	23
24	25	26	27	28	29	30
1	2	3 Kettlebell Power Program 10-11a ET	4	5 Kettlebell Power Program 10-11a ET	6	7

## quick links

[Class Library](#)

[Con. Ed.](#)

[New &  
Featured](#)

[Live Classes](#)

Live classes are recorded and uploaded within 48 hours. Click recently added to view.



LAUREL BEVERSDORF

*Schedule subject to minor changes.*

Complete props list for each program on the last page of this calendar.

# DECEMBER 2024

*...in the Virtual Studio*

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	Kettlebell Power Program 10-11a ET	Gentle Yoga Pre-recorded	Kettlebell Power Program 10-11a ET	6	7
8	9	Kettlebell Power Program 10-11a ET	Gentle Yoga Pre-recorded	Kettlebell Power Program 10-11a ET	13	14
15	16	17	Gentle Yoga Pre-recorded	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

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# PROPS & EQUIPMENT FOR CLASSES & STRENGTH PROGRAMS

*Select equipment & tutorials [hyperlinked!](#) Click to view.*

## Strength for Handstand Program

- [Watch](#) the tutorial on what weights to get.
- 2 stirrup bands ([watch](#) the tutorial on stirrup bands)
- [Jump stretch bands.](#)
- [Mini band.](#)
- [Physio ball](#)
- [Watch](#) tutorial on how to create a door anchor for bands.
- Slider (towel or paper plate)
- Blanket
- Dumbbells or furniture (ie. couch) you can hook feet under [like this.](#)
- A 3+ foot long dowel or similar.

## Strength for Pistol Squat Program

- [Watch](#) the tutorial on what weights to get.
- A sturdy wooden chair or [plyo box](#) you can step up onto safely.
- [Mini band.](#)
- Yoga blocks
- Yoga mat
- Blanket
- A 3+ foot long dowel or similar.

## Prepare to Pull Up Program

- [Watch](#) the tutorial on what weights to get.
- A [pull up bar](#) you can use safely.
- A sturdy wooden chair or [plyo box](#) you can step up onto safely if your pull up bar is high up.
- [Jump stretch bands.](#)
- [Mini band.](#)
- Yoga blocks

## Bars & Bells (Crossfit Inspired)

- [Watch](#) the tutorial on what kettlebells to get.
- Barbell equipment including a rack and bench. Message Laurel for more info.
- A [pull up bar](#) you can use safely.
- A sturdy wooden chair or [plyo box](#) you can step up onto safely.
- [Jump rope](#)
- [Mini band.](#)

## Kettlebell Power Program

- [Watch](#) the tutorial on what weights to get.
- [6-8lb slam ball](#) (optional)
- yoga blocks
- Step stool or 3 yoga blocks to sit on
- A mat or wedge for a negative heel
- A [plyo box](#)
- A 3+ foot long dowel or similar.
- [Jump rope](#)
- Blanket

## Yoga with Bands

- [Watch](#) the tutorial on what bands to get and have any other props you like to use for your yoga practice.

## All Kettlebell Classes

- [Watch](#) the tutorial on what weights/kettlebells to get. You may also want to have a [jump rope](#) and [slam ball](#) for some classes.

## Yoga, Mobility, Self-Massage & Restorative Classes

- These classes are all very different. Some use a [core massage ball](#), [rubber massage balls](#), as well as [resistance bands](#), a dowel, a yoga bolster, a chair, and other common yoga props.