

NOVEMBER 2023

...in the Virtual Studio

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

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 2023

...in the Virtual Studio

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

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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.](#)
- [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.
- [Mini band.](#)
- Yoga blocks

Simple Strength Program

- [Watch](#) the tutorial on what weights to get.
- A sturdy wooden chair, bench, or [plyo box.](#)
- [Mini band.](#)
- Yoga blocks
- Blanket

Kettlebell Strength, Power, Plyos

- [Watch](#) the tutorial on what weights to get.
- [6-8lb slam ball](#)
- yoga blocks
- Step stool or 3 yoga blocks to sit on
- A mat or wedge for a negative heel
- A bench or [plyo box](#)
- [Jump stretch bands.](#)
- Yoga mat
- A 3+ foot long dowel or similar.
- 3+ foot long, light resistance band
- [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](#) like the "classics" or "plus balls", as well as [resistance bands](#), a dowel, a yoga bolster, a chair, and other common yoga props.