

# FEBRUARY 2024

...in the Virtual Studio

| SUN | MON | TUE                               | WED  | THU                                     | FRI | SAT |
|-----|-----|-----------------------------------|--|---|-----|-----|
| 28  | 29  | 30<br>Yoga with Bands<br>12-1p ET | 31   | 1                                       | 2   | 3   |
| 4   | 5   | 6                                 | 7  | 8<br>Yoga Flow Inversions<br>10-11a ET  | 9   | 10  |
| 11  | 12  | 13                                | 14   | 15<br>Yoga Flow Inversions<br>10-11a ET | 16  | 17  |
| 18  | 19  | 20                                | 21   | 22<br>Yoga Flow Inversions<br>10-11a ET | 23  | 24  |
| 25  | 26  | 27                                | 28   | 29                                      | 1   | 2   |
| 3   | 4   | 5                                 | 6<br>Balls, Bands & Mobility<br>Pre-Recorded | 7                                       | 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.

# MARCH 2024

*...in the Virtual Studio*

| SUN | MON | TUE                                   | WED   | THU                                   | FRI | SAT |
|-----|-----|---------------------------------------|---|---------------------------------------|-----|-----|
| 25  | 26  | 27                                    | 28  | 29                                    | 1   | 2   |
| 3   | 4   | 5                                     | 6<br>Balls, Bands & Mobility<br>Pre-Recorded  | 7                                     | 8   | 9   |
| 10  | 11  | 12                                    | 13<br>Balls, Bands & Mobility<br>Pre-Recorded | 14                                    | 15  | 16  |
| 17  | 18  | 19                                    | 20<br>Balls, Bands & Mobility<br>Pre-Recorded | 21                                    | 22  | 23  |
| 24  | 25  | 26<br>Prepare to Pull Up<br>10-11a ET | 27  | 28<br>Prepare to Pull Up<br>10-11a ET | 29  | 30  |
| 31  | 1   | 2<br>Prepare to Pull Up<br>10-11a ET  | 3   | 4<br>Prepare to Pull Up<br>10-11a ET  | 5   | 6   |

## 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.

# APRIL 2024

...in the Virtual Studio

| SUN | MON | TUE                                   | WED                               | THU                                   | FRI | SAT |
|-----|-----|---------------------------------------|-----------------------------------|---------------------------------------|-----|-----|
| 24  | 25  | 26<br>Prepare to Pull Up<br>10-11a ET | 27                                | 28<br>Prepare to Pull Up<br>10-11a ET | 29  | 30  |
| 31  | 1   | 2<br>Prepare to Pull Up<br>10-11a ET  | 3                                 | 4<br>Prepare to Pull Up<br>10-11a ET  | 5   | 6   |
| 7   | 8   | 9<br>Prepare to Pull Up<br>10-11a ET  | 10<br>Gentle Yoga<br>Pre-recorded | 11<br>Prepare to Pull Up<br>10-11a ET | 12  | 13  |
| 14  | 15  | 16<br>Prepare to Pull Up<br>10-11a ET | 17<br>Gentle Yoga<br>Pre-recorded | 18<br>Prepare to Pull Up<br>10-11a ET | 19  | 20  |
| 21  | 22  | 23<br>Prepare to Pull Up<br>10-11a ET | 24<br>Gentle Yoga<br>Pre-recorded | 25<br>Prepare to Pull Up<br>10-11a ET | 26  | 27  |
| 28  | 29  | 30<br>Prepare to Pull Up<br>10-11a ET | 1                                 | 2<br>Prepare to Pull Up<br>10-11a ET  | 3   | 4   |

## 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.

# MAY 2024

...in the Virtual Studio

| SUN | MON | TUE  | WED | THU                                   | FRI | SAT |
|-----|-----|--|-----|---------------------------------------|-----|-----|
| 28  | 29  | 30<br>Prepare to Pull Up<br>10-11a ET                | 1   | 2<br>Prepare to Pull Up<br>10-11a ET  | 3   | 4   |
| 5   | 6   | 7<br>Prepare to Pull Up<br>10-11a ET                 | 8   | 9<br>Prepare to Pull Up<br>10-11a ET  | 10  | 11  |
| 12  | 13  | 14<br>Prepare to Pull Up<br>10-11a ET                | 15  | 16<br>Prepare to Pull Up<br>10-11a ET | 17  | 18  |
| 19  | 20  | 21<br>How to Teach Kettlebells Workshop<br>10-11a ET | 22  | 23<br>Kettlebells + Yoga<br>10-11a ET | 24  | 25  |
| 26  | 27  | 28<br>How to Teach Kettlebells Workshop<br>10-11a ET | 29  | 30<br>Kettlebells + Yoga<br>10-11a ET | 31  | 1   |
| 2   | 3   | 4<br>How to Teach Kettlebells Workshop<br>10-11a ET  | 5   | 6<br>Kettlebells + Yoga<br>10-11a ET  | 7   | 8   |

## 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.

# JUNE 2024

...in the Virtual Studio

| SUN | MON | TUE   | WED | THU                                | FRI | SAT |
|-----|-----|---|-----|------------------------------------|-----|-----|
| 26  | 27  | 28<br>How to Teach Kettlebells Workshop 10-11a ET | 29  | 30<br>Kettlebells + Yoga 10-11a ET | 31  | 1   |
| 2   | 3   | 4<br>How to Teach Kettlebells Workshop 10-11a ET  | 5   | 6<br>Kettlebells + Yoga 10-11a ET  | 7   | 8   |
| 9   | 10  | 11<br>How to Teach Kettlebells Workshop 10-11a ET | 12  | 13<br>Kettlebells + Yoga 10-11a ET | 14  | 15  |
| 16  | 17  | 18<br>How to Teach Kettlebells Workshop 10-11a ET | 19  | 20<br>Kettlebells + Yoga 10-11a ET | 21  | 22  |
| 23  | 24  | 25  | 26  | 27                                 | 28  | 29  |
| 30  | 1   | 2   | 3   | 4                                  | 5   | 6   |

## 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.

# JULY 2024

...in the Virtual Studio

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

## 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.

# AUGUST 2024

...in the Virtual Studio

| SUN | MON | TUE                                       | WED                           | THU                                       | FRI | SAT |
|-----|-----|---|-------------------------------|---|-----|-----|
| 28  | 29  | 30<br>Strength for Pistol Squat 10-11a ET | 31<br>Yoga Class Pre-recorded | 1<br>Strength for Pistol Squat 10-11a ET  | 2   | 3   |
| 4   | 5   | 6<br>Strength for Pistol Squat 10-11a ET  | 7<br>Yoga Class Pre-recorded  | 8<br>Strength for Pistol Squat 10-11a ET  | 9   | 10  |
| 11  | 12  | 13<br>Strength for Pistol Squat 10-11a ET | 14                            | 15<br>Strength for Pistol Squat 10-11a ET | 16  | 17  |
| 18  | 19  | 20<br>Strength for Handstand 10-10:45a ET | 21                            | 22<br>Strength for Handstand 10-10:45a ET | 23  | 24  |
| 25  | 26  | 27<br>Strength for Handstand 10-10:45a ET | 28                            | 29<br>Strength for Handstand 10-10:45a ET | 30  | 31  |
| 1   | 2   | 5<br>Strength for Handstand 10-10:45a ET  | 4<br>Gentle Yoga Pre-recorded | 5<br>Strength for Handstand 10-10:45a 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.

# SEPTEMBER 2024

...in the Virtual Studio

| SUN | MON | TUE  | WED                               | THU  | FRI | SAT |
|-----|-----|--|-----------------------------------|--|-----|-----|
| 1   | 2   | 3<br>Strength for Handstand<br>10-10:45a ET    | 4<br>Gentle Yoga<br>Pre-recorded  | 5<br>Strength for Handstand<br>10-10:45a ET  | 6   | 7   |
| 8   | 9   | 10<br>Strength for Handstand<br>10-10:45a ET   | 11<br>Gentle Yoga<br>Pre-recorded | 12<br>Strength for Handstand<br>10-10:45a ET | 13  | 14  |
| 15  | 16  | 17<br>Strength for Handstand<br>10-10:45a ET   | 18<br>Gentle Yoga<br>Pre-recorded | 19<br>Strength for Handstand<br>10-10:45a ET | 20  | 21  |
| 22  | 23  | 24<br>Strength for Handstand<br>10-10:45a ET   | 25                                | 26<br>Strength for Handstand<br>10-10:45a ET | 27  | 28  |
| 29  | 30  | 1<br>Inversion Skills & Drills<br>10-10:45a ET | 2                                 | 3<br>Kettlebell Gym<br>10-10:45a ET          | 4   | 5   |
| 6   | 7   | 8<br>Inversion Skills & Drills<br>10-10:45a ET | 9                                 | 10<br>Kettlebell Gym<br>10-10:45a ET         | 11  | 12  |

## 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.



# OCTOBER 2024

*...in the Virtual Studio*

| SUN | MON | TUE   | WED                              | THU  | FRI | SAT |
|-----|-----|---|----------------------------------|--|-----|-----|
| 29  | 30  | 1<br>Inversion Skills & Drills<br>10-10:45a ET  | 2                                | 3<br>Kettlebell Gym<br>10-10:45a ET        | 4   | 5   |
| 6   | 7   | 8<br>Inversion Skills & Drills<br>10-10:45a ET  | 9                                | 10<br>Kettlebell Gym<br>10-10:45a ET       | 11  | 12  |
| 13  | 14  | 15<br>Inversion Skills & Drills<br>10-10:45a ET | 16                               | 17<br>Kettlebell Gym<br>10-10:45a ET       | 18  | 19  |
| 20  | 21  | 22  | 23                               | 24   | 25  | 26  |
| 27  | 28  | 29  | 30<br>Yoga Class<br>Pre-recorded | 31   | 1   | 2   |
| 3   | 4   | 5<br>Kettlebell Power Program<br>10-11a ET      | 6<br>Yoga Class<br>Pre-recorded  | 7<br>Kettlebell Power Program<br>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.

# NOVEMBER 2024

*...in the Virtual Studio*

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

## 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.

# 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.