MARCH 2024

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

quick links

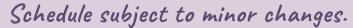
<u>Class Library</u>

Con. Ed.

<u>New &</u> <u>Featured</u>

Live Classes

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





APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
24	25	Prepare to Pull Up 10-11a ET	27	Prepare to Pull Up 10-11a ET	29	30	<u>quick links</u>
31	1	2 Prepare to Pull Up 10-11a ET	3	Prepare to Pull Up 10-11a ET	5	6	Class Library
7	8	9 Prepare to Pull Up 10-11a ET	Gentle Yoga Pre-recorded	Prepare to Pull Up 10-11a ET	12	13	New & Featured
14	15	Prepare to Pull Up 10-11a ET	Gentle Yoga Pre-recorded	Prepare to Pull Up 10-11a ET	19	20	Live Classes
21	22	Prepare to Pull Up 10-11a ET	2닉 Gentle Yoga Pre-recorded	Prepare to Pull Up 10-11a ET	26	27	Live classes are recorded and uploaded within 48 hours. Click recently added to view.
28	29	30 Prepare to Pull Up 10-11a ET	1	2 Prepare to Pull Up 10-11a ET	3	4	

Schedule subject to minor changes.



MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
28	29	Prepare to Pull Up 10-11a ET	1	Prepare to Pull Up 10-11a ET	3	4	<u>quick links</u>
5	6	7 Prepare to Pull Up 10-11a ET	8	Prepare to Pull Up 10-11a ET	10	11	<u>Class Library</u>
12	13	Prepare to Pull Up 10-11a ET	15	Prepare to Pull Up 10-11a ET	17	18	Con. Ed. New & Featured
19	20	How to Teach Kettlebells Workshop 10-11a ET	22	23 Kettlebells + Yoga 10-11a ET	24	25	Live Classes
26	27	28 How to Teach Kettlebells Workshop 10-11a ET	29	30 Kettlebells + Yoga 10-11a ET	31		Live classes are recorded and uploaded within 48 hours. Click recently added to view.
2	3	How to Teach Kettlebells Workshop 10-11a ET	5	6 Kettlebells + Yoga 10-11a ET	7	8	to view.

Schedule subject to minor changes.



JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
26	27	How to Teach Kettlebells Workshop 10-11a ET	29	30 Kettlebells + Yoga 10-11a ET	31	1	<u>quick links</u>
2	3	⊢ How to Teach Kettlebells Workshop 10-11a ET	5	6 Kettlebells + Yoga 10-11a ET	7	8	Class Library Con. Ed.
9	10	How to Teach Kettlebells Workshop 10-11a ET	12	II3 Kettlebells + Yoga 10-11a ET	14	15	New & Featured
16	17	How to Teach Kettlebells Workshop 10-11a ET	19	20 Kettlebells + Yoga 10-11a ET	21	22	Live Classes
23	24	25	26	27	28	29	Live classes are recorded and uploaded within 48 hours. Click recently added to view.
30		2	3	4	5	6	

Schedule subject to minor changes.

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





JULY 2024

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

quick links

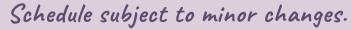
<u>Class Library</u>

Con. Ed.

<u>New &</u> <u>Featured</u>

Live Classes

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





AUGUST 2024

Strength for Pistol Squat 10-11a ET	SUN	MON	TUE	WED	THU	FRI	SAT	
Strength for Pistol Squat 10-11a ET 1	28	29	for Pistol Squat	Yoga Class	for Pistol Sauat	2	3	<u>quick links</u>
1	H	5	Strength for Pistol Squat	Yoga Class	Strength for	9	10	
Strength for Handstand 10-10:45a ET 25 26 27 28 29 30 31 Live Classes Live classes are recorded and uploaded within 48 hours. Click recently added to view. 1 2 5 Strength for Handstand Pre-recorded Handstand	11	12	Strength for Pistol Squat	14	Strength for Pistol Squat	16	17	New &
Strength for Handstand 10-10:45a ET Strength for Handstand 10-10:45a ET Strength for Handstand 10-10:45a ET Strength for Handstand Pre-recorded P	18	19	Strength for Handstand	21	Strength for Handstand	23	24	<u>Live Classes</u>
Strength for Gentle Yoga Strength for Handstand Pre-recorded Handstand	25	26	Strength for Handstand	28	Strength for Handstand	30	31	and uploaded within 48 hours. Click recently added
		2	Strength for Handstand	Gentle Yoga	Strength for Handstand	6	7	

Schedule subject to minor changes.



SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	2	Strength for Handstand 10-10:45a ET	닉 Gentle Yoga Pre-recorded	5 Strength for Handstand 10-10:45a ET	6	7
8	9	Strength for Handstand 10-10:45a ET	Gentle Yoga Pre-recorded	Strength for Handstand 10-10:45a ET	13	14
15	16	Strength for Handstand 10-10:45a ET	18 Gentle Yoga Pre-recorded	Strength for Handstand 10-10:45a ET	20	21
22	23	Strength for Handstand 10-10:45a ET	25	Strength for Handstand 10-10:45a ET	27	28
29	30		2	3		5
6	7	Inversion Skills & Drills 10-10:45a ET	9	I○ Kettlebell Gym 10-10:45a ET		12

quick links

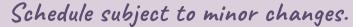
<u>Class Library</u>

Con. Ed.

<u>New &</u> <u>Featured</u>

Live Classes

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





OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
29	30	1	2	3	Ч 	5	<u>quick links</u>
6	7	8 Inversion Skills & Drills 10-10:45a ET	9	Kettlebell Gym 10-10:45a ET	11	12	Class Library Con. Ed.
13	14	Inversion Skills & Drills 10-10:45a ET	16	Kettlebell Gym 10-10:45a ET	18	19	New & Featured
20	21	Inversion Skills & Drills 10-10:45a ET	23	Kettlebell Gym 10-10:45a ET	25	26	<u>Live Classes</u>
27	28	29	30 Yoga Class Pre-recorded	31]	2	Live classes are recorded and uploaded within 48 hours. Click recently added to view.
3	 	Kettlebell Power Program 10-11a ET	Yoga Class Pre-recorded	Kettlebell Power Program 10-11a ET	8	9	
'							

Schedule subject to minor changes.



LAUREL BEVERSDORF

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
27	28	29	Yoga Class Pre-recorded	31		2	<u>quick links</u>
3	Ч	5 Kettlebell Power Program 10-11a ET	Fyoga Class Pre-recorded	7 Kettlebell Power Program 10-11a ET	8	9	Class Library Con. Ed.
10	11	Kettlebell Power Program 10-11a ET	Yoga Class Pre-recorded	1⊣ Kettlebell Power Program 10-11a ET	15	16	New & Featured
17	18	19	20	21	22	23	<u>Live Classes</u>
24	25	26 Kettlebell Power Program 10-11a ET	27	28 Kettlebell Power Program 10-11a ET	29	30	Live classes are recorded and uploaded within 48 hours. Click recently added to view.
	2	Kettlebell Power Program 10-11a ET		Kettlebell Power Program 10-11a ET	6	7	

Schedule subject to minor changes.

DECEMBER 2024

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

quick links

<u>Class Library</u>

Con. Ed.

<u>New &</u> <u>Featured</u>

Live Classes

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

Schedule subject to minor changes.



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 (<u>watch</u> 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 <u>plyo box</u> 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 <u>pull up bar</u> you can use safely.
- A sturdy wooden chair or <u>plyo box</u> 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 <u>pull up bar</u> you can use safely.
- A sturdy wooden chair or <u>plyo box</u> you can step up onto safely.
- <u>Jump rope</u>
- Mini band.

Yoga with Bands

• <u>Watch</u> the tutorial on what bands to get and have any other props you like to use for your yoga practice.

All Kettlebell Classes

• <u>Watch</u> the tutorial on what weights/kettlebells to get. You may also want to have a <u>jump rope</u> and <u>slam ball</u> for some classes.

Yoga, Mobility, Self-Massage & Restorative Classes

• These classes are all very different. Some use a <u>core massage</u> <u>ball</u>, <u>rubber massage balls</u>, as well as <u>resistance bands</u>, a dowel, a yoga bolster, a chair, and other common yoga props.

Kettlebell Power Program

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