

MAY 2024

...in the Virtual Studio

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

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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 How to Teach Kettlebells Workshop 10-11a ET	29	30 Kettlebells + Yoga 10-11a ET	31	1
2	3	4 How to Teach Kettlebells Workshop 10-11a ET	5	6 Kettlebells + Yoga 10-11a ET	7	8
9	10	11 How to Teach Kettlebells Workshop 10-11a ET	12	13 Kettlebells + Yoga 10-11a ET	14	15
16	17	18	19 Gentle Yoga Pre-recorded	20	21	22
23	24	25	26 Gentle Yoga Pre-recorded	27	28	29
30	1	2	3 Gentle Yoga Pre-recorded	4	5	6

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JULY 2024

...in the Virtual Studio

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

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AUGUST 2024

...in the Virtual Studio

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

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SEPTEMBER 2024

...in the Virtual Studio

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

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OCTOBER 2024

...in the Virtual Studio

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
6	7	8 Inversion Skills & Drills 10-10:45a ET	9	10 Kettlebell Gym 10-10:45a ET	11	12
13	14	15 Inversion Skills & Drills 10-10:45a ET	16	17 Kettlebell Gym 10-10:45a ET	18	19
20	21	22 Inversion Skills & Drills 10-10:45a ET	23	24 Kettlebell Gym 10-10:45a ET	25	26
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

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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	20	21	22	23
24	25	26 Kettlebell Power Program 10-11a ET	27	28 Kettlebell Power Program 10-11a ET	29	30
1	2	3 Kettlebell Power Program 10-11a ET	4	5 Kettlebell Power Program 10-11a ET	6	7

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DECEMBER 2024

...in the Virtual Studio

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Kettlebell Power Program 10-11a ET	4 Gentle Yoga Pre-recorded	5 Kettlebell Power Program 10-11a ET	6	7
8	9	10 Kettlebell Power Program 10-11a ET	11 Gentle Yoga Pre-recorded	12 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	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.