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	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	18	Gentle Yoga Pre-recorded	20	21	22	<u>Live Classes</u>
23	24	25	26 Gentle Yoga Pre-recorded	27	28	29	Live classes are recorded and uploaded within 48 hours. Click recently added to view.
30		2	Gentle Yoga Pre-recorded	Ч	5	6	
		1			! ! !		

Schedule subject to minor changes.



JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3 Gentle Yoga Pre-recorded	Ч	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	Strength for Pistol Squat 10-11a ET	26	27
28	29	Strength for Pistol Squat 10-11a ET	31 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

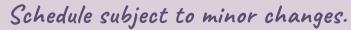
<u>Class Library</u>

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	IΉ
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	24 Strength for Handstand 10-10:45a ET	25	Strength for Handstand 10-10:45a ET	2 <i>7</i>	28
29	30		2	3		5
6	7	8 Inversion Skills & Drills 10-10:45a ET	9	I○ Kettlebell Gym 10-10:45a ET	11	12

quick links

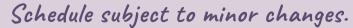
<u>Class Library</u>

Con. Ed.

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

Live Classes

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





LAUREL BEVERSDORF

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
29	30	1	2	3	Ч	5	<u>quick links</u>
6	7	Inversion Skills & Drills 10-10:45a ET	9	IO 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	1	2	Live classes are recorded and uploaded within 48 hours. Click recently added to view.
3	 	5 Kettlebell Power Program	Yoga Class Pre-recorded	Kettlebell Power	8	9	
	1	10-11a ET	Pre-recorded	Program 10-11a ET		i -	

Schedule subject to minor changes.

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
27	28	29	Yoga Class Pre-recorded	31	1	2	<u>quick links</u>
3	4	Kettlebell Power Program 10-11a ET	Yoga Class Pre-recorded	7 Kettlebell Power Program 10-11a ET	8	9	Class Library Con. Ed.
10	11	Kettlebell Power Program 10-11a ET	13 Yoga Class Pre-recorded	⊣ 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.
1	2	3 Kettlebell Power Program 10-11a ET	닉	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	⊣ Gentle Yoga Pre-recorded	5 Kettlebell Power Program 10-11a ET	6	7
8	9	Kettlebell Power Program 10-11a ET	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		2	3	
5	6	7	8	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.

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

- <u>Watch</u> 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 plyo box
- A 3+ foot long dowel or similar.
- Jump rope
- Blanket