

FLEXIBILITY FOR FRONT SPLITS



1 2.5 hours SPLITS WORKSHOP	2 30 mins STRETCHING CLASS	3 5 mins LEARN ABOUT YOGA BUTT	4 15-60 mins CHOOSE A STRENGTH CLASS <small>(mat vs. weights)</small>	5 10 mins Work Your Balance	6 5 mins LEARN ABOUT SQUARE SPLITS	7 60 mins Stretch Your Way To Super Soldier
8 35-45 mins SPLITS DRILLS CLASS	9 REST	10 30 mins STRETCHING CLASS	11 60 mins Hips & Hammies Medley	12 REST	13 15-60 mins CHOOSE A STRENGTH CLASS <small>(mat vs. weights)</small>	14 LIVE Q&A/CHAT VIA ZOOM
15 60 mins Let's BOP	16 20 mins Shoulder Mobility Flow	17 30 mins STRETCHING CLASS	18 35-45 mins SPLITS DRILLS CLASS	19 REST	20 15-60 mins CHOOSE A STRENGTH CLASS <small>(mat vs. weights)</small>	21 10 mins Yoga for Strong Arms
22 90 mins WORKSHOP FLOW	23 REST	24 15-60 mins CHOOSE A STRENGTH CLASS <small>(mat vs. weights)</small>	25 30 mins STRETCHING CLASS	26 10 mins Fluid Spine	27 60 mins Strong Splits	28 35-45 mins SPLITS DRILLS CLASS

TRAINING CLASSES:



FLOW CLASSES:



OPTIONAL CLASSES:



28 DAY CHALLENGE