

OCTOBER 2026 POSTURE CALENDAR

*For Express classes, you will teach the two same-oriented postures provided.
(ex. The 2 turnout postures) You do not have to include a power posture. For Glutes, this means eliminating the bridge and teaching the unilateral postures.*

For this month, every class MUST use a band. If it is not included in the posture calendar for legs or glutes, you MUST use it in combo with an approved leg or glute add on.

THURSDAY, OCTOBER 1st

LEGS	COMBO	GLUTES
Reverse Power Base with Single Leg Add ons (side 1) TRX Incline Sumo Squat Reverse Power Base with Single Leg Add ons (side 2)	Back Chest	Standing Pretzel with Band (side 1 and 2) Hamstring Bridge

FRIDAY, OCTOBER 2nd

LEGS	COMBO	GLUTES
Profile Power Diamond with Band (side 1) Reverse Chair Profile Power Diamond with Band (side 2)	Full Body	Piriformis Glute Bridge (side 1 and 2) Prone Diamond

SATURDAY, OCTOBER 3rd

LEGS	COMBO	GLUTES
Power 4 with Band (side 1) Center Plie with Ball Power 4 with Band (side 2)	Bicep Tricep	Side Lying Glutes (side 1 and 2) Hip Thrusters <i>* can do Hip Thruster first to flow with folded mat</i>

SUNDAY, OCTOBER 4th

LEGS	COMBO	GLUTES
Instructor's Choice 2 turnout, 1 parallel	Full Body	Instructor's Choice 2 parallel, 1 turn out
<i>* include bands in one part of class *</i>		

MONDAY, OCTOBER 5th

LEGS	COMBO	GLUTES
Horse Pose with Band (side 1) TRX Power Diamond Skier Horse Pose with Band (side 2)	Shoulders Back	Glute Snappers on mat (side 1 and 2) Parallel Glute Bridge

TUESDAY, OCTOBER 6th

LEGS	COMBO	GLUTES
Split Sumo (side 1) TRX Power Base Split Sumo (side 2)	Full Body	All 4s with Band (side 1 and 2) Sumo Glute Bridge

WEDNESDAY, OCTOBER 7th

LEGS	COMBO	GLUTES
Crescent to Chair with Glider (side 1) Power Plie Crescent to Chair with Glider (side 2)	Chest Shoulder Tricep <i>*include bands in combo*</i>	Standing Scorpion (side 1 and 2) Prone Parallel

THURSDAY, OCTOBER 8th

LEGS	COMBO	GLUTES
Side Lunge with Ball (side 1) TRX Power Base Skier Side Lunge with Ball (side 2)	Full Body	Standing Angled Glutes with Band (side 1 and 2) TRX Inverted Diamond Bridge

FRIDAY, OCTOBER 9th

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Reverse Power Diamond with Ball TRX Split Squat (side 2)	Back Bicep <i>*include bands in combo*</i>	Angled Head to Barre (side 1 and 2) Narrow Glute Bridge

SATURDAY, OCTOBER 10th

LEGS	COMBO	GLUTES
Horse to Plie with Glider (side 1) Power Upright Chair Horse to Plie with Glider (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	Reverse Split Squat (side 1 and 2) Diamond Glute Bridge with Band

SUNDAY, OCTOBER 11th

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turnout	Back Chest	Instructor's Choice 2 turnout, 1 parallel
<i>* include bands in one part of class *</i>		

MONDAY, OCTOBER 12th

LEGS	COMBO	GLUTES
Crescent to Plie (side 1) Reverse Power Base Crescent to Plie (side 2)	Full Body	Standing Parallel with Band (side 1 and 2) Prone Diamond

TUESDAY, OCTOBER 13th

LEGS	COMBO	GLUTES
TRX Pistol Squat (side 1) Elevated Power Diamond TRX Pistol Squat (side 2)	Bicep Tricep <i>*include bands in combo*</i>	Standing Pretzel (side 1 and 2) Barre Inverted Bridge

WEDNESDAY, OCTOBER 14th

LEGS	COMBO	GLUTES
Curtsies with Band (side 1) Power Incline Chair Curtsies with Band (side 2)	Full Body <i>*include bands in combo*</i>	Prone Parallel with Single Leg Add ons (side 1 and 2) Sumo Hip Thrusters <i>* can do Sumo Hip Thruster first to flow with folded mat</i>

THURSDAY, OCTOBER 15th

LEGS	COMBO	GLUTES
Power 4 (side 1) Center Sumo with Ball Power 4 (side 2)	Shoulders Back	Side Lying Glutes with Band (side 1 and 2) Hamstring Bridge

FRIDAY, OCTOBER 16th

LEGS	COMBO	GLUTES
TRX Plie (side 1) Elevated Power Base with Band TRX Plie (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	Head to Barre (side 1 and 2) Sumo Glute Bridge with weights

SATURDAY, OCTOBER 17th

LEGS	COMBO	GLUTES
Crescent Lunge (side 1) Power Diamond Skier with Band Crescent Lunge (side 2)	Chest Shoulders Triceps <i>*include bands in combo if teaching express*</i>	Side Diamond (side 1 and 2) Parallel Glute Bridge with Gliders

SUNDAY, OCTOBER 18th

LEGS	COMBO	GLUTES
Instructor's Choice 2 turnout, 1 parallel	Full Body	Instructor's Choice 2 parallel, 1 turnout
<i>* include bands in one part of class *</i>		

MONDAY, OCTOBER 19th

LEGS	COMBO	GLUTES
Chair to Horse (side 1) Reverse Power Diamond with Ball Chair to Horse (side 2)	Back Bicep <i>*include bands in combo*</i>	Standing Scorpion (side 1 and 2) Inverted TRX Bridge

TUESDAY, OCTOBER 20th

LEGS	COMBO	GLUTES
Split Sumo with Ball (side 1) TRX Froggers Split Sumo with Ball (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	All 4s with Ball (side 1 and 2) Diamond Glute Bridge with Band

WEDNESDAY, OCTOBER 21st

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Reverse Power Base with Band TRX Split Squat (side 2)	Back Chest <i>*include bands in combo if teaching express*</i>	Glute Snappers on mat (side 1 and 2) Narrow Glute Bridge with Weights

THURSDAY, OCTOBER 22nd

LEGS	COMBO	GLUTES
Side Lunge with Glider (side 1) Power Upright Chair Side Lunge with Glider (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	Reverse Split Squat (side 1 and 2) Prone Diamond with Band

FRIDAY, OCTOBER 23rd

LEGS	COMBO	GLUTES
Reverse Power Base with Single Leg Add ons (side 1) Reverse Upright Sumo Squat Reverse Power Base with Single Leg Add ons (side 2)	Bicep Tricep <i>*include bands in combo*</i>	Seated Pretzel (side 1 and 2) Prone Parallel

SATURDAY, OCTOBER 24th

LEGS	COMBO	GLUTES
TRX Power Split Diamond (side 1) Upright Chair with Band TRX Power Split Diamond (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	Crescent Glutes (side 1 and 2) Sumo Hip Thrusters

SUNDAY, OCTOBER 25th

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turnout	Shoulders Back	Instructor's Choice 2 turnout, 1 parallel
<i>* include bands in one part of class *</i>		

MONDAY, OCTOBER 26th

LEGS	COMBO	GLUTES
Profile Plie Squat (side 1) Power Base with Band Profile Plie Squat (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	Standing Parallel (side 1 and 2) TRX Inverted Diamond Bridge

TUESDAY, OCTOBER 27th

LEGS	COMBO	GLUTES
TRX Horse Pose (side 1) Power Diamond TRX Horse Pose (side 2)	Chest Shoulders Triceps	Side Diamond with Band (side 1 and 2) Hamstring Bridge

WEDNESDAY, OCTOBER 28th

LEGS	COMBO	GLUTES
Curtsies (side 1) Power Base Skier Curtsies (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	Piriformis Glute Bridge (side 1 and 2) Sumo Glute Bridge with Band

THURSDAY, OCTOBER 29th

LEGS	COMBO	GLUTES
Power 4 with Glider (side 1) Incline Sumo Squat with Band Power 4 with Glider (side 2)	Back Bicep <i>*include bands in combo if teaching express*</i>	Angled Head to Barre (side 1 and 2) Parallel Glute Bridge with Weights

FRIDAY, OCTOBER 30th

LEGS	COMBO	GLUTES
Profile Power Diamond (side 1) Incline Chair with Band Profile Power Diamond (side 2)	Full Body <i>*include bands in combo if teaching express*</i>	Prone Parallel with Single Leg Add ons (side 1 and 2) Diamond Glute Bridge with Weights

SATURDAY, OCTOBER 31th

LEGS	COMBO	GLUTES
Crescent Lunge with Glider (side 1) Power Plie Crescent Lunge with Glider (side 2)	Back Chest	All 4s turned out with Band (side 1 and 2) Narrow Glute Bridge