

MAY 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.*

FRIDAY, MAY 1st

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Diamond	Full Body	Kneeling Pretzel, side 1 and 2 Hamstring Bridge

SATURDAY, MAY 2nd

LEGS	COMBO	GLUTES
Curtseys, side 1 and 2 Power Base	Back Bicep	All 4s, side 1 and 2 Sumo Bridge

SUNDAY, MAY 3rd

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turn out	Full Body	Instructor Choice 2 turn out, 1 parallel

MONDAY, MAY 4th

LEGS	COMBO	GLUTES
Power Split Diamond, side 1 and 2 Upright Chair	Back Chest	Standing Parallel, side 1 and 2 Sumo Thruster

TUESDAY, MAY 5th

LEGS	COMBO	GLUTES
Chair to Horse, side 1 and 2 Power Plie	Full Body	TRX Standing Pretzel, side 1 and 2 TRX Inverted Bridge

WEDNESDAY, MAY 6th

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Incline Chair	Bicep Tricep	Single Leg Glute Bridge, side 1 and 2 Diamond Bridge

THURSDAY, MAY 7th

LEGS	COMBO	GLUTES
Power 4, side 1 and 2 Center Sumo	Full body	Seated Pretzel, side 1 and 2 Parallel Bridge with Gliders

FRIDAY, MAY 8th

LEGS	COMBO	GLUTES
Profile Plie, side 1 and 2 Power Chair	Shoulders Back	Standing Angled Glutes, side 1 and 2 Prone Diamond

SATURDAY, MAY 9th

LEGS	COMBO	GLUTES
Horse Pose, side 1 and 2 Elevated Diamond	Full Body	Side Lying Glutes, side 1 and 2 Parallel Bridge

SUNDAY, MAY 10th

LEGS	COMBO	GLUTES
Instructor Choice 2 turnout, 1 parallel	Chest Shoulder Tricep	Instructor Choice 2 parallel, 1 turn out

MONDAY, MAY 11th

LEGS	COMBO	GLUTES
Reverse Power Base with single leg add ons, side 1 and 2 Center Plie	Full Body	Angle Crescent, side 1 and 2 Barre Inverted Bridge

TUESDAY, MAY 12th

LEGS	COMBO	GLUTES
Reverse Power Diamond with single leg add ons, side 1 and 2 Incline Chair	Back Bicep	Head to Barre, side 1 and 2 TRX Inverted Diamond

WEDNESDAY, MAY 13th

LEGS	COMBO	GLUTES
TRX Pistol Squat, side 1 and 2 Power Diamond Skier	Full Body	Standing Pretzel, side 1 and 2 Narrow Bridge

THURSDAY, MAY 14th

LEGS	COMBO	GLUTES
Split Sumo, side 1 and 2 Power Base Skier	Back Chest	Crescent Glutes, side 1 and 2 Sumo Bridge

FRIDAY, MAY 15th

LEGS	COMBO	GLUTES
TRX Froggers Power Diamond Reverse Chair	Full Body	Seated Pretzel, side 1 and 2 Prone Parallel

SATURDAY, MAY 16th

LEGS	COMBO	GLUTES
Plie to Crescent, side 1 and 2 Power Base	Bicep Tricep	Reverse Split Squat, side 1 and 2 Sumo Thruster

SUNDAY, MAY 17th

LEGS	COMBO	GLUTES
Instructor Choice 2 parallel, 1 turnout	Full Body	Instructor Choice 2 turnout, 1 parallel

MONDAY, MAY 18th

LEGS	COMBO	GLUTES
Power Split Diamond, side 1 and 2 Incline Chair	Shoulders Back	All 4s, side 1 and 2 Prone Diamond

TUESDAY, MAY 19th

LEGS	COMBO	GLUTES
Crescent Lunge, side 1 and 2 Elevated Diamond	Full Body	Angeled Head to Barre, side 1 and 2 Hip Thruster

WEDNESDAY, MAY 20th

LEGS	COMBO	GLUTES
Horse to Plie, side 1 and 2 Elevated Power Base	Chest Shoulder Tricep	TRX Standing Parallel, side 1 and 2 Diamond Bridge

THURSDAY, MAY 21st

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Plie	Full body	Standing Scorpion, side 1 and 2 TRX Inverted Bridge

FRIDAY, MAY 22nd

LEGS	COMBO	GLUTES
Side Lunge with Glider, side 1 and 2 Power Chair	Back Bicep	Standing Angled Glutes, side 1 and 2 Sumo Thruster

SATURDAY, MAY 23rd

LEGS	COMBO	GLUTES
Power 4, side 1 and 2 Reverse Upright Sumo	Full Body	All 4s turned out, side 1 and 2 Parallel Bridge

SUNDAY, MAY 24th

LEGS	COMBO	GLUTES
Instructor Choice 2 turnout, 1 parallel	Back Chest	Instructor Choice 2 parallel, 1 turnout

MONDAY, MAY 25th

LEGS	COMBO	GLUTES
Horse Pose, side 1 and 2 Power Diamond	Full Body	Standing Snappers, side 1 and 2 Hamstring Bridge

TUESDAY, MAY 26th

LEGS	COMBO	GLUTES
Side Lunge with Ball, side 1 and 2 Power Base	Bicep Tricep	Head to Barre, side 1 and 2 Sumo Bridge

WEDNESDAY, MAY 27th

LEGS	COMBO	GLUTES
Chair to Horse, side 1 and 2 Elevated Diamond	Full Body	Kneeling Pretzel, side 1 and 2 Barre Inverted Bridge

THURSDAY, MAY 28th

LEGS	COMBO	GLUTES
Curtseys, side 1 and 2 TRX Froggers	Shoulders Back	Piriformis Bridge, side 1 and 2 TRX Inverted Diamond <i>note: since all glute postures are on your back avoid back core postures</i>

FRIDAY, MAY 29th

LEGS	COMBO	GLUTES
TRX Pistol Squat, side 1 and 2 Power Plie	Full Body	Standing Pretzel, side 1 and 2 Narrow Bridge

SATURDAY, MAY 30th

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Upright Chair	Chest Shoulder Tricep	Crescent Glutes, side 1 and 2 Prone Diamond

SUNDAY, MAY 31th

LEGS	COMBO	GLUTES
Instructor Choice 2 parallel, 1 turn out	Full Body	Instructor Choice 2 turnout, 1 parallel