

NOVEMBER 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.*

SUNDAY, NOVEMBER 1st

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

MONDAY, NOVEMBER 2nd

LEGS	COMBO	GLUTES
Reverse Power Base with Single Leg Add ons (side 1) Center Sumo with Ball Reverse Power Base with Single Leg Add ons (side 1)	Bicep Tricep	TRX Standing Pretzel (side 1 and 2) Barre Inverted Bridge

TUESDAY, NOVEMBER 3rd

LEGS	COMBO	GLUTES
Side Lunge with Glider (side 1) Power Upright Chair Side Lunge with Glider (side 1)	Full Body	Reverse Split Squat (side 1 and 2) Prone Diamond with Band

WEDNESDAY, NOVEMBER 4th

LEGS	COMBO	GLUTES
Horse Pose (side 1) Power Diamond Skier Horse Pose (side 2)	Shoulders Back	Standing Scorpion (side 1 and 2) Hip Thrusters

THURSDAY, NOVEMBER 5th

LEGS	COMBO	GLUTES
Curtsies with Glider (side 1) Power Base with Ball Curtsies with Glider(side 2)	Full Body	Crescent Glutes (side 1 and 2) Sumo Glute Bridge with Weights

FRIDAY, NOVEMBER 6th

LEGS	COMBO	GLUTES
Power 4 with Band (side 1) Reverse Upright Sumo Power 4 with Band (side 2)	Chest Shoulders Triceps	Side Lying Glutes with Bands Parallel Glute Bridge

SATURDAY, NOVEMBER 7th

LEGS	COMBO	GLUTES
TRX Plie (side 1) Power Incline Chair TRX Plie (side 2)	Full Body	Standing Angle Glutes Diamond Glute Bridge

SUNDAY, NOVEMBER 8th

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turnout	Back Bicep	Instructor's Choice 2 turnout, 1 parallel

MONDAY, NOVEMBER 9th

LEGS	COMBO	GLUTES
Side Lunge with Ball (side 1) TRX Froggers Side Lunge with Ball (side 2)	Full Body	All 4s (side 1 and 2) Prone Diamond

TUESDAY, NOVEMBER 10th

LEGS	COMBO	GLUTES
TRX Pistol Squat (side 1) Power Diamond with Ball TRX Pistol Squat (side 2)	Back Chest	Angled Crescent Glutes (side 1 and 2) Inverted TRX Bridge

WEDNESDAY, NOVEMBER 11th

LEGS	COMBO	GLUTES
Split Sumo (side 1) Power Upright Chair Split Sumo (side 2)	Full Body	TRX Standing Parallel (side 1 and 2) Sumo Hip Thrusters

THURSDAY, NOVEMBER 12th

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Power Plie TRX Split Squat (side 2)	Bicep Tricep	Standing Pretzel (side 1 and 2) Parallel Glute Bridge with Gliders

FRIDAY, NOVEMBER 13th

LEGS	COMBO	GLUTES
Curtsies with Band (side 1) Reverse Power Base with Ball Curtsies with Band (side 2)	Full Body	Piriformis Glute Bridge (side 1 and 2) Sumo Glute Bridge

SATURDAY, NOVEMBER 14th

LEGS	COMBO	GLUTES
Horse Pose with Glider (side 1) TRX Power Diamond Horse Pose with Glider (side 2)	Shoulders Back	Side Diamond (side 1 and 2) Narrow Glute Bridge with weights

SUNDAY, NOVEMBER 15th

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

MONDAY, NOVEMBER 16th

LEGS	COMBO	GLUTES
Power 4 with Glider (side 1) Center Plie with Ball Power 4 with Glider (side 2)	Chest Shoulders Triceps	Glute Snappers on mat (side 1 and 2) Prone Parallel

TUESDAY, NOVEMBER 17th

LEGS	COMBO	GLUTES
Split Sumo with Glider (side 1) Power Base with Band Split Sumo with Glider (side 2)	Full Body	Head to Barre (side 1 and 2) TRX Inverted Diamond Bridge

WEDNESDAY, NOVEMBER 18th

LEGS	COMBO	GLUTES
Crescent Lunge (side 1) Reverse Power Diamond with Ball Crescent Lunge (side 2)	Back Bicep	All 4s turned out (side 1 and 2) Parallel Glute Bridge with weights

THURSDAY, NOVEMBER 19th

LEGS	COMBO	GLUTES
Curtsies (side 1) Power Incline Chair Curtsies (side 2)	Full Body	Standing Parallel (side 1 and 2) Diamond Glute Bridge with weights

FRIDAY, NOVEMBER 20th

LEGS	COMBO	GLUTES
TRX Pistol Squat (side 1) Power Plie TRX Pistol Squat (side 2)	Back Chest	Seated Pretzel (side 1 and 2) Narrow Glute Bridge

SATURDAY, NOVEMBER 21st

LEGS	COMBO	GLUTES
Side lunge with Glider (side 1) Elevated Power Base with mat Side lunge with Glider (side 2)	Full Body	Standing Angled Glutes with Band (side 1 and 2) Prone Diamond with Ball

SUNDAY, NOVEMBER 22nd

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turnout	Bicep Tricep	Instructor's Choice 2 turn out, 1 parallel

MONDAY, NOVEMBER 23rd

LEGS	COMBO	GLUTES
Power 4 (side 1) Incline Sumo Squat Power 4 (side 2)	Full Body	All 4s with Ball (side 1 and 2) Sumo Glute Bridge with Band

TUESDAY, NOVEMBER 24th

LEGS	COMBO	GLUTES
TRX Horse Pose (side 1) Power Plie TRX Horse Pose (side 2)	Shoulders Back	Angled Head to Barre (side 1 and 2) Hamstring Bridge

WEDNESDAY, NOVEMBER 25th

LEGS	COMBO	GLUTES
TRX Curtsies (side 1) Power Base Skier TRX Curtsies (side 2)	Full Body	Prone Parallel with Single Leg Add ons (side 1 and 2) Diamond Glute Bridge

THURSDAY, NOVEMBER 26th

LEGS	COMBO	GLUTES
TRX Horse Pose (side 1) Power Plie TRX Horse Pose (side 2)	Chest Shoulders Triceps	Side Lying Glutes (side 1 and 2) Narrow Glute Bridge

FRIDAY, NOVEMBER 27th

LEGS	COMBO	GLUTES
Side Lunge with Ball (side 1) Power Upright Chair Side Lunge with Ball (side 2)	Full Body	Standing Parallel with Band (side 1 and 2) Prone Diamond with Ball

SATURDAY, NOVEMBER 28th

LEGS	COMBO	GLUTES
Crescent Lunge with Glider (side 1) Power Diamond Crescent Lunge with Glider (side 2)	Back Bicep	Standing Pretzel with Band (side 1 and 2) Hip Thrusters

SUNDAY, NOVEMBER 29th

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

MONDAY, NOVEMBER 30th

LEGS	COMBO	GLUTES
Reverse Power Base with Single Leg Add ons (side 1) Incline Sumo Squat with Band Reverse Power Base with Single Leg Add ons (side 2)	Back Chest	Side Diamond with Band (side 1 and 2) Prone Parallel