

AUGUST 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.*

SATURDAY, AUGUST 1st

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

SUNDAY, AUGUST 2nd

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turn out	Back Chest	Instructor's Choice 2 turnout, 1 parallel

MONDAY, AUGUST 3rd

LEGS	COMBO	GLUTES
Split Sumo with TRX (side 1) Power Base with Ball Split Sumo with TRX (side 2)	Full Body	Crescent Glutes (side 1 and 2) Sumo Hip Thrusters

TUESDAY, AUGUST 4th

LEGS	COMBO	GLUTES
Power 4 (side 1) Center Plie with Ball Power 4 (side 2)	Bicep Tricep	Side Diamond (side 1 and 2) Narrow Glute Bridge with Weights

WEDNESDAY, AUGUST 5th

LEGS	COMBO	GLUTES
Curtsies (side 1) Power Upright Chair Curtsies (side 2)	Full Body	All 4s with Weights (side 1 and 2) Prone Diamond

THURSDAY, AUGUST 6th

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Power Plie TRX Split Squat (side 2)	Shoulders Back	Side Lying Glutes (side 1 and 2) Hamstring Bridge

FRIDAY, AUGUST 7th

LEGS	COMBO	GLUTES
Profile Power Split Diamond (side 1) Reverse Chair Profile Power Split Diamond (side 2)	Full Body	Standing Angle Glutes (side 1 and 2) TRX Inverted Diamond Bridge

SATURDAY, AUGUST 8th

LEGS	COMBO	GLUTES
Reverse Power Base with single leg add ons (side 1) Center Sumo with Ball Reverse Power Base with single let add ons (side 2)	Chest Shoulders Triceps	Glute Snappers on mat (side 1 and 2) Prone Parallel

SUNDAY, AUGUST 9th

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

MONDAY, AUGUST 10th

LEGS	COMBO	GLUTES
Plie to Crescent (side 1) Power Diamond with Ball Plie to Crescent (side 2)	Back Bicep	Standing Pretzel (side 1 and 2) Barre Inverted Bridge

TUESDAY, AUGUST 11th

LEGS	COMBO	GLUTES
Side Lunge with Glider (side 1) Power Base Skier Side Lunge with Glider (side 2)	Full Body	Head to Barre (side 1 and 2) Prone Diamond with Ball

WEDNESDAY, AUGUST 12th

LEGS	COMBO	GLUTES
Crescent to Chair (side 1) Power Plie Crescent to Chair (side 2)	Back Chest	Standing Scorpion (side 1 and 2) Inverted TRX Bridge

THURSDAY, AUGUST 13th

LEGS	COMBO	GLUTES
Curtsies with Glider (side 1) TRX Froggers Curtsies with Glider (side 2)	Full Body	All 4s with Ball (side 1 and 2) Diamond Glute Bridge with Weights

FRIDAY, AUGUST 14th

LEGS	COMBO	GLUTES
TRX Horse Pose (side 1) Reverse Power Diamond TRX Horse Pose (side 2)	Bicep Tricep	Side Diamond (side 1 and 2) Hip Thrusters <i>* can do Hip Thruster first to flow with folded mat</i>

SATURDAY, AUGUST 15th

LEGS	COMBO	GLUTES
Split Sumo with Ball (side 1) Elevated Power Base with mat Split Sumo with Ball (side 2)	Full Body	TRX Standing Parallel (side 1 and 2) Sumo Glute Bridge with Weights

SUNDAY, AUGUST 16th

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turn out	Shoulders Back	Instructor's Choice 2 turn out, 1 parallel

MONDAY, AUGUST 17th

LEGS	COMBO	GLUTES
Profile Power Diamond with Glider (side 1) TRX Incline Chair Profile Power Diamond with Glider (side 2)	Full Body	Reverse Split Squat (side 1 and 2) Prone Diamond with Ball

TUESDAY, AUGUST 18th

LEGS	COMBO	GLUTES
Power 4 with Glider (side 1) Reverse Upright Sumo Power 4 with Glider (side 2)	Chest Shoulder Triceps	TRX Standing Pretzel (side 1 and 2) Inverted TRX Bridge

WEDNESDAY, AUGUST 19th

LEGS	COMBO	GLUTES
TRX Plie (side 1) Reverse Power Base TRX Plie (side 2)	Full Body	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, AUGUST 20th

LEGS	COMBO	GLUTES
TRX Pistol Squat (side 1) Elevated Power Diamond with mat TRX Pistol Squat (side 2)	Back Bicep	Angled Head to Barre (side 1 and 2) Narrow Glute Bridge

FRIDAY, AUGUST 21st

LEGS	COMBO	GLUTES
Side Lunge with Ball (side 1) Power Upright Chair Side Lunge with Ball (side 2)	Full Body	Standing Angled Glutes (side 1 and 2) Diamond Glute Bridge

SATURDAY, AUGUST 22nd

LEGS	COMBO	GLUTES
Reverse Power Base with Single Leg Add ons (side 1) Center Plie with Ball Reverse Power Base with Single Leg Add ons (side 2)	Back Chest	All 4s Turned out (side 1 and 2) Hamstring Bridge

SUNDAY, AUGUST 23rd

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

MONDAY, AUGUST 24th

LEGS	COMBO	GLUTES
Chair to Horse with Glider (side 1) Power Diamond Skier Chair to Horse with Glider (side 2)	Bicep Tricep	Angled Crescent Glutes (side 1 and 2) Hip Thrusters

TUESDAY, AUGUST 25th

LEGS	COMBO	GLUTES
TRX Curtsies (side 1) Power Base TRX Curtsies (side 2)	Full Body	Head to Barre (side 1 and 2) TRX Inverted Diamond Bridge

WEDNESDAY, AUGUST 26th

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Power Plie TRX Split Squat (side 2)	Shoulders Back	Side Diamond (side 1 and 2) Parallel Glute Bridge with Gliders

THURSDAY, AUGUST 27th

LEGS	COMBO	GLUTES
Split Sumo with Glider (side 1) Power Incline Chair Split Sumo with Glider (side 2)	Full Body	All 4s (side 1 and 2) Prone Diamond

FRIDAY, AUGUST 28th

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

SATURDAY, AUGUST 29th

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

SUNDAY, AUGUST 30th

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

MONDAY, AUGUST 31st

LEGS	COMBO	GLUTES
Profile Plie Squat with single leg add ons (side 1) TRX Power Base Skier Profile Plie Squat with single leg add ons (side 2)	Full Body	Reverse Split Squat (side 1 and 2) Diamond Glute Bridge with weights