

SEPTEMBER 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.*

TUESDAY, SEPTEMBER 1st

LEGS	COMBO	GLUTES
Horse Pose (side 1) Elevated Power Diamond with mat Horse Pose (side 2)	Back Chest	Standing Scorpion (side 1 and 2) Hamstring Bridge

WEDNESDAY, SEPTEMBER 2nd

LEGS	COMBO	GLUTES
Curtsies (side 1) Power Incline Chair Curtsies (side 2)	Full Body	Crescent Glutes (side 1 and 2) TRX Inverted Diamond Bridge

THURSDAY, SEPTEMBER 3rd

LEGS	COMBO	GLUTES
Power 4 (side 1) Reverse Upright Sumo Squat Power 4 (side 2)	Bicep Tricep	All 4s turned out (side 1 and 2) Narrow Glute Bridge with weights

FRIDAY, SEPTEMBER 4th

LEGS	COMBO	GLUTES
Profile Plie with Glider (side 1) TRX Power Base Profile Plie with Glider (side 2)	Full Body	Standing Angle Glutes (side 1 and 2) Prone Diamond

SATURDAY, SEPTEMBER 5th

LEGS	COMBO	GLUTES
Crescent Lunge (side 1) Power Diamond with Ball Crescent Lunge (side 2)	Shoulders Back	Angled Head to Barre (side 1 and 2) Inverted TRX Bridge

SUNDAY, SEPTEMBER 6th

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

MONDAY, SEPTEMBER 7th

LEGS	COMBO	GLUTES
Reverse Power Base with Single Leg Add Ons (side 1) Incline Sumo Squat Reverse Power Base with Single Leg Add Ons (side 2)	Chest Shoulders Triceps	Glute Snappers on mat (side 1 and 2) Hip Thrusters <i>* can do Hip Thruster first to flow with folded mat</i>

TUESDAY, SEPTEMBER 8th

LEGS	COMBO	GLUTES
Profile Power Diamond (side 1) Reverse Chair Profile Power Diamond (side 2)	Full Body	All 4s with Ball (side 1 and 2) Sumo Glute Bridge

WEDNESDAY, SEPTEMBER 9th

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

THURSDAY, SEPTEMBER 10th

LEGS	COMBO	GLUTES
Side Lunge with Ball (side 1) Elevated Power Base with mat Side Lunge with Ball (side 2)	Full Body	Head to Barre (side 1 and 2) Diamond Glute Bridge with weights

FRIDAY, SEPTEMBER 11th

LEGS	COMBO	GLUTES
Power 4 with Glider (side 1) Center Sumo with Ball Power 4 with Glider (side 2)	Back Chest	Side Lying Glutes (side 1 and 2) Prone Parallel

SATURDAY, SEPTEMBER 12th

LEGS	COMBO	GLUTES
Profile Power Split Diamond (side 1) Upright Chair Profile Power Split Diamond (side 2)	Full Body	Reverse Split Squat (side 1 and 2) Sumo Hip Thrusters

SUNDAY, SEPTEMBER 13th

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

MONDAY, SEPTEMBER 14th

LEGS	COMBO	GLUTES
Split Sumo with Ball (side 1) Power Base Split Sumo with Ball (side 2)	Full Body	Standing Parallel (side 1 and 2) Prone Diamond with Ball

TUESDAY, SEPTEMBER 15th

LEGS	COMBO	GLUTES
TRX Pistol Squat (side 1) Power Plie TRX Pistol Squat (side 2)	Shoulders Back	Angled Crescent Glutes (side 1 and 2) Barre Inverted Bridge

WEDNESDAY, SEPTEMBER 16th

LEGS	COMBO	GLUTES
TRX Power Split Diamond (side 1) Incline Chair TRX Power Split Diamond (side 2)	Full Body	Prone Parallel with Single Leg Add ons (side 1 and 2) Diamond Glute Bridge

THURSDAY, SEPTEMBER 17th

LEGS	COMBO	GLUTES
Chair to Horse (side 1) Power Diamond Skier Chair to Horse (side 2)	Chest Shoulders Triceps	Glute Snappers on mat (side 1 and 2) Hamstring Bridge

FRIDAY, SEPTEMBER 18th

LEGS	COMBO	GLUTES
Curtsies with Glider (side 1) Upright Chair Curtsies with Glider (side 2)	Full Body	All 4s with Weight (side 1 and 2) Sumo Hip Thrusters <i>*can do Hip Thruster first to flow with folded mat</i>

SATURDAY, SEPTEMBER 19th

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Reverse Power Diamond TRX Split Squat (side 2)	Back Bicep	Angled Head to Barre (side 1 and 2) Parallel Glute Bridge

SUNDAY, SEPTEMBER 20th

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

MONDAY, SEPTEMBER 21st

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	Standing Pretzel (side 1 and 2) Hip Thrusters

TUESDAY, SEPTEMBER 22nd

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

WEDNESDAY, SEPTEMBER 23rd

LEGS	COMBO	GLUTES
Crescent Lunge (side 1) Power Plie Crescent Lunge (side 2)	Bicep Tricep	Side Lying Glutes (side 1 and 2) Parallel Glute Bridge

THURSDAY, SEPTEMBER 24th

LEGS	COMBO	GLUTES
Side Lunge with Glider (side 1) TRX Froggers Side Lunge with Glider (side 2)	Full Body	Prone Parallel with Single Leg Add ons (side 1 and 2) Sumo Glute Bridge with Weights

FRIDAY, SEPTEMBER 25th

LEGS	COMBO	GLUTES
Power 4 with Glider (side 1) Reverse Upright Sumo Power 4 with Glider (side 2)	Shoulders Back	Seated Pretzel (side 1 and 2) Narrow Glute Bridge

SATURDAY, SEPTEMBER 26th

LEGS	COMBO	GLUTES
Profile Power Diamond (side 1) Upright Chair with Ball Profile Power Diamond (side 2)	Full Body	Head to Barre (side 1 and 2) Sumo Hip Thrusters

SUNDAY, SEPTEMBER 27th

LEGS	COMBO	GLUTES
Instructor's Choice 2 parallel, 1 turnout	Chest Shoulders Triceps	Instructor's Choice 2 turnout, 1 parallel

MONDAY, SEPTEMBER 28th

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

TUESDAY, SEPTEMBER 29th

LEGS	COMBO	GLUTES
Crescent to Chair (side 1) Power Plie Crescent to Chair (side 2)	Back Bicep	Standing Scorpion (side 1 and 2) Narrow Bridge

WEDNESDAY, SEPTEMBER 30th

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