

JUNE 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.*

MONDAY, JUNE 1st

LEGS	COMBO	GLUTES
Crescent Lunge, side 1 and 2 TRX Diamond Skier	Back Bicep	Angled Head to Barre, side 1 and 2 Parallel Bridge

TUESDAY, JUNE 2nd

LEGS	COMBO	GLUTES
Split Sumo, side 1 and 2 Elevated Power Base	Full Body	Single Leg Glute Bridge, side 1 and 2 TRX Inverted Diamond

WEDNESDAY, JUNE 3rd

LEGS	COMBO	GLUTES
Power 4, side 1 and 2 Center Plie	Back Chest	Standing Scorpion, side 1 and 2 Prone Parallel

THURSDAY, JUNE 4th

LEGS	COMBO	GLUTES
Power Split Diamond, side 1 and 2 Incline Chair	Full Body	All 4s, side 1 and 2 Sumo Bridge

FRIDAY, JUNE 5th

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Diamond	Bicep Tricep	Standing Pretzel, side 1 and 2 TRX Inverted Bridge

SATURDAY, JUNE 6th

LEGS	COMBO	GLUTES
Side Lunge with Ball, side 1 and 2 Power Chair	Full Body	Reverse Split Squat, side 1 and 2 Sumo Thruster

SUNDAY, JUNE 7th

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

MONDAY, JUNE 8th

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Reverse Chair	Full Body	TRX Standing Parallel, side 1 and 2 Diamond Bridge

TUESDAY, JUNE 9th

LEGS	COMBO	GLUTES
Reverse Power Base with single leg add ons, side 1 and 2 Center Sumo	Chest Shoulders Triceps	Side Lying Glutes, side 1 and 2 Parallel Bridge with Gliders

WEDNESDAY, JUNE 10th

LEGS	COMBO	GLUTES
Curtsies, side 1 and 2 TRX Froggers	Full Body	Head to Barre, side 1 and 2 Prone Diamond

THURSDAY, JUNE 11th

LEGS	COMBO	GLUTES
Horse Pose, side 1 and 2 TRX Power Diamond Skier	Back Bicep	All 4s turned out, side 1 and 2 Barre Inverted Bridge

FRIDAY, JUNE 12th

LEGS	COMBO	GLUTES
Side Lunge with Glider, side 1 and 2 Power Base Skier	Full Body	Standing Angled Glutes, side 1 and 2 TRX Inverted Diamond

SATURDAY, JUNE 13th

LEGS	COMBO	GLUTES
Chair to Horse, side 1 and 2 Elevated Diamond	Back Chest	Side Diamond, side 1 and 2 Hamstring Bridge

SUNDAY, JUNE 14th

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

MONDAY, JUNE 15th

LEGS	COMBO	GLUTES
Power 4, side 1 and 2 Reverse Upright Sumo	Bicep Tricep	Snappers on mat, side 1 and 2 Narrow Bridge

TUESDAY, JUNE 16th

LEGS	COMBO	GLUTES
Horse to Plie, side 1 and 2 Power Base	Full Body	TRX Single Leg Glute Bridge, side 1 and 2 Sumo Bridge

WEDNESDAY, JUNE 17th

LEGS	COMBO	GLUTES
TRX Pistol Squat, side 1 and 2 Power Plie	Shoulders Back	Standing Pretzel, side 1 and 2 TRX Marches

THURSDAY, JUNE 18th

LEGS	COMBO	GLUTES
Profile Plie, side 1 and 2 Power Chair	Full Body	Prone Glutes with Parallel Lifts, side 1 and 2 Diamond Bridge

FRIDAY, JUNE 19th

LEGS	COMBO	GLUTES
Reverse Power Base with single leg add ons, side 1 and 2 Center Plie	Chest Shoulders Triceps	Side Diamond, side 1 and 2 Hip Thruster

SATURDAY, JUNE 20th

LEGS	COMBO	GLUTES
TRX Plie, side 1 and 2 Power Base Skier	Full Body	Standing Parallel, side 1 and 2 Prone Diamond

SUNDAY, JUNE 21st

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

MONDAY, JUNE 22nd

LEGS	COMBO	GLUTES
Reverse Power Diamond with single leg add ons, side 1 and 2 Incline Chair	Full Body	Piriformis Bridge, side 1 and 2 Sumo Thruster

TUESDAY, JUNE 23rd

LEGS	COMBO	GLUTES
Crescent Lunge, side 1 and 2 Elevated Power Diamond	Back Chest	Standing Scorpion, side 1 and 2 TRX Inverted Bridge

WEDNESDAY, JUNE 24th

LEGS	COMBO	GLUTES
Plie to Crescent, side 1 and 2 Elevated Power Base	Full Body	All 4s, side 1 and 2 TRX Inverted Diamond

THURSDAY, JUNE 25th

LEGS	COMBO	GLUTES
Chair to Horse, side 1 and 2 Power Plie	Bicep Tricep	Angle Crescent, side 1 and 2 Barre Inverted Bridge

FRIDAY, JUNE 26th

LEGS	COMBO	GLUTES
Profile Power Diamond, side 1 and 2 Upright Chair	Full Body	Head to Barre, side 1 and 2 Diamond Bridge

SATURDAY, JUNE 27th

LEGS	COMBO	GLUTES
TRX Split Squat, side 1 and 2 Power Diamond	Shoulders Back	Seated Pretzel, side 1 and 2 Hamstring Bridge

SUNDAY, JUNE 28th

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

MONDAY, JUNE 29th

LEGS	COMBO	GLUTES
Power 4, side 1 and 2 Incline Sumo	Chest Shoulders Triceps	Snappers on the mat, side 1 and 2 Narrow Bridge

TUESDAY, JUNE 30th

LEGS	COMBO	GLUTES
Power Split Diamond, side 1 and 2 Reverse Chair	Full Body	Crescent Glutes, side 1 and 2 Sumo Thruster