

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 | Kneeling 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 | Glute Dives, 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 | Standing Snappers, 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 |