

JULY 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.*

WEDNESDAY, JULY 1st

LEGS	COMBO	GLUTES
Horse Pose (side 1) Power Diamond with Ball Horse Pose (side 2)	Back Bicep	Side Lying Glutes (side 1 and 2) Hip Thrusters

THURSDAY, JULY 2nd

LEGS	COMBO	GLUTES
TRX Plie (side 1) Incline Chair with Ball TRX Plie (side 2)	Full Body	Standing Angled Glutes (side 1 and 2) Prone Diamond

FRIDAY, JULY 3rd

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 2)	Back Chest	Angled Head to Barre (side 1 and 2) Parallel Glute Bridge with Weights

SATURDAY, JULY 4th

LEGS	COMBO	GLUTES
Side Lunge with Ball (side 1) TRX Froggers Side Lunge with Ball (side 2)	Full Body	All 4s with Weight (side 1 and 2) Sumo Glute Bridge with Weights

SUNDAY, JULY 5th

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

MONDAY, JULY 6th

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

TUESDAY, JULY 7th

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Power Plie TRX Split Squat (side 2)	Shoulders Back	All 4s turned out (side 1 and 2) Hamstring Bridge

WEDNESDAY, JULY 8th

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

THURSDAY, JULY 9th

LEGS	COMBO	GLUTES
Crescent Lunge (side 1) TRX Power Diamond Crescent Lunge (side 2)	Chest Shoulders Triceps	Standing Scorpion (side 1 and 2) Narrow Glute Bridge with Weights

FRIDAY, JULY 10th

LEGS	COMBO	GLUTES
Side Lunge with Glider (side 1) Power Upright Chair Side Lunge with Glider (side 2)	Full Body	Prone Parallel with Single Leg Add ons (side 1 and 2) Sumo Hip Thrusters

SATURDAY, JULY 11th

LEGS	COMBO	GLUTES
Power 4 with Glider (side 1) Center Sumo with Ball Power 4 with Glider (side 2)	Back Bicep	Seated Pretzel (side 1 and 2) Parallel Glute Bridge with Gliders

SUNDAY, JULY 12th

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

MONDAY, JULY 13th

LEGS	COMBO	GLUTES
TRX Pistol Squat (side 1) Reverse Power Diamond with Ball (not single leg add ons) TRX Pistol Squat (side 2)	Back Chest	Side Diamond (side 1 and 2) Prone Parallel (not single leg add ons)

TUESDAY, JULY 14th

LEGS	COMBO	GLUTES
Curtsies (side 1) Reverse Power Base with Ball (not single leg add ons) Curtsies (side 2)	Full Body	All 4s with Ball (side 1 and 2) Diamond Glute Bridge with Weights

WEDNESDAY, JULY 15th

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

THURSDAY, JULY 16th

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

FRIDAY, JULY 17th

LEGS	COMBO	GLUTES
Reverse Power Base with single leg add ons (side 1) Reverse Upright Sumo Reverse Power Base with single leg add ons (side 2)	Shoulders Back	Angled Head to Barre (side 1 and 2) Barre Inverted Bridge

SATURDAY, JULY 18th

LEGS	COMBO	GLUTES
Profile Plie (side 1) TRX Froggers Profile Plie (side 2)	Full Body	Prone Parallel with Single Leg Add ons (side 1 and 2) Sumo Hip Thrusters

SUNDAY, JULY 19th

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

MONDAY, JULY 20th

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) TRX Inverted Diamond Bridge

TUESDAY, JULY 21st

LEGS	COMBO	GLUTES
Crescent Lunge with Glider (side 1) Power Plie Crescent Lunge with Glider (side 2)	Back Biceps	Standing Pretzel (side 1 and 2) Narrow Glute Bridge

WEDNESDAY, JULY 22nd

LEGS	COMBO	GLUTES
Crescent to Plie with Glider (side 1) Power Upright Chair Crescent to Plie with Glider (side 2)	Full Body	Standing Angled Glutes (side 1 and 2) Sumo Glute Bridge with Weights

THURSDAY, JULY 23rd

LEGS	COMBO	GLUTES
Horse Pose with Glider (side 1) Elevated Power Diamond with Mat Horse Pose with Glider (side 2)	Back Chest	Glute Snappers on mat (side 1 and 2) Parallel Glute Bridge with Weights

FRIDAY, JULY 24th

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

SATURDAY, JULY 25th

LEGS	COMBO	GLUTES
Power 4 (side 1) Center Plie with Ball Power 4 (side 2)	Biceps Triceps	All 4s turned out (side 1 and 2) Hamstring Bridge

SUNDAY, JULY 26th

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

MONDAY, JULY 27th

LEGS	COMBO	GLUTES
TRX Split Squat (side 1) Power Diamond with Ball TRX Split Squat (side 2)	Shoulders Back	Side Lying Glutes (side 1 and 2) Hip Thrusters

TUESDAY, JULY 28th

LEGS	COMBO	GLUTES
Horse to Plie with Glider (side 1) TRX Froggers Horse to Plie with Glider (side 2)	Full Body	Crescent Glutes (side 1 and 2) Sumo Glute Bridge

WEDNESDAY, JULY 29th

LEGS	COMBO	GLUTES
Chair to Horse (side 1) Power Plie Chair to Horse (side 2)	Chest Shoulder Triceps	Angled Crescent Glutes (side 1 and 2) Parallel Glute Bridge with Gliders

THURSDAY, JULY 30th

LEGS	COMBO	GLUTES
Curtsies with Glider (side 1) Elevated Power Base with Mat Curtsies with Glider (side 2)	Full Body	Prone Parallel with Single Leg Add ons (side 1 and 2) Sumo Bridge with Weights

FRIDAY, JULY 31st

LEGS	COMBO	GLUTES
TRX Pistol Squat (side 1) TRX Power Diamond Skier TRX Pistol Squat (side 2)	Back Bicep	Standing Scorpion (side 1 and 2) Parallel Glute Bridge