

SEPTEMBER 2025 POSTURE CALENDAR

*For Express classes, choose two of the listed leg **or** glute postures. You must work both in parallel and turn out per section. For LEGS, you must work both in power and flat-footed.*

*If not certified for Cardio, you will choose the 3rd posture in your leg and glute programs of the opposite orientation based on the two postures provided. For LEGS, make sure your program includes power **and** flat-footed postures.*

For GLUTES, your 3rd posture is always a bridge variation.

If teaching Cardio on a non-specified Cardio day, you will teach the two same-oriented postures provided.

(ex. The 2 turnout postures)

Sundays are optional for each studio, so they are instructor choice days!

MONDAY, SEPTEMBER 1st - LABOR DAY

LEGS	COMBO	GLUTES
Instructor Choice!	Instructor Choice!	Instructor Choice!

TUESDAY, SEPTEMBER 2nd - CARDIO

LEGS	COMBO	GLUTES
Crescent to Plie, sides 1 and 2	Full Body	Standing Angle Glutes (parallel posture) sides 1 and 2

WEDNESDAY, SEPTEMBER 3rd

LEGS	COMBO	GLUTES
Elevated Power Base Reverse Upright Sumo TRX Froggers	Chest Shoulder Tricep	Glute Dives, sides 1 and 2 Parallel Bridge w/ Gliders

THURSDAY, SEPTEMBER 4th

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Any Chair in Power Pose (on toes)	Full Body	Piriformis Bridge, sides 1 and 2 Inverted Diamond Bridge

FRIDAY, SEPTEMBER 5th

LEGS	COMBO	GLUTES
Crescent Lunge (upright), sides 1 and 2 Elevated Power Diamond	Back Bicep	Angled Head to Barre, sides 1 and 2 TRX Inverted Bridge

SATURDAY, SEPTEMBER 6th

LEGS	COMBO	GLUTES
Reverse Power Diamond w/ Single Leg add-ons, sides 1 + 2 Upright Chair w/ Ball	Full Body	All Fours Parallel Add-ons, sides 1 and 2 Diamond Bridge

MONDAY, SEPTEMBER 8th

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2 Power Base Skier	Back Chest	Crescent Glutes, sides 1 and 2 Sumo Bridge

TUESDAY, SEPTEMBER 9th - CARDIO

LEGS	COMBO	GLUTES
Power Base Incline Chair	Full Body	Side Diamond, sides 1 and 2

WEDNESDAY, SEPTEMBER 10th

LEGS	COMBO	GLUTES
Profile Diamond, sides 1 and 2 Reverse Chair	Full Body	Barre Inverted Bridge Prone Diamond w/ Ball Narrow Glute Bridge

THURSDAY, SEPTEMBER 11th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Power Diamond	Bicep Tricep	Standing Scorpion, sides 1 and 2 TRX Bridge Marches

FRIDAY, SEPTEMBER 12th

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 Elevated Power Base	Full Body	Standing Parallel, sides 1 and 2 TRX Inverted Diamond

SATURDAY, SEPTEMBER 13th

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 + 2 Sumo Squat, center-facing add-ons	Chest Shoulder Tricep	Side-lying Glutes, sides 1 and 2 Parallel Bridge

MONDAY, SEPTEMBER 15th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Plie	Full Body	Standing Glute Snappers, sides 1 and 2 Prone Parallel w/ Ball

TUESDAY, SEPTEMBER 16th - CARDIO

LEGS	COMBO	GLUTES
Profile Plie, sides 1 and 2	Full Body	Head to Barre, sides 1 and 2

WEDNESDAY, SEPTEMBER 17th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Diamond Skier	Shoulders	Glutes Snappers, sides 1 and 2 *Master Instructors - Kneeling Pretzel* Hamstring Bridge

THURSDAY, SEPTEMBER 18th

LEGS	COMBO	GLUTES
Split Sumo w/ ball, sides 1 and 2 TRX Froggers	Full Body	TRX Inverted Bridge Diamond Bridge Parallel Bridge w/ Gliders

FRIDAY, SEPTEMBER 19th

LEGS	COMBO	GLUTES
Crescent Lunge (upright), sides 1 and 2 TRX Power Diamond	Back Chest	Angled Head to Barre, sides 1 and 2 Narrow Bridge

SATURDAY, SEPTEMBER 20th

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base Skier	Full Body	Standing Angle Glutes (parallel posture) sides 1 and 2 Sumo Bridge

MONDAY, SEPTEMBER 22nd

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Upright Chair	Back Bicep	Piriformis Bridge, sides 1 and 2 Prone Diamond w/ Ball

TUESDAY, SEPTEMBER 23rd - CARDIO

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2	Full Body	Glute Dives, sides 1 and 2

WEDNESDAY, SEPTEMBER 24th

LEGS	COMBO	GLUTES
Crescent to Plie, sides 1 and 2 Any Chair pose in Power (on toes)	Full Body	All Fours Parallel add-ons, sides 1 and 2 TRX Inverted Diamond

THURSDAY, SEPTEMBER 25th

LEGS	COMBO	GLUTES
TRX Pistol Squat, Sides 1 and 2 Elevated Power Diamond	Shoulders	Standing Glute Snappers, sides 1 and 2 Barre Inverted Bridge

FRIDAY, SEPTEMBER 26th

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2 Power Base w/ Ball	Full Body	Crescent Glutes, sides 1 and 2 Diamond Bridge

SATURDAY, SEPTEMBER 27th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Plie	Bicep Tricep	Side Diamond, sides 1 and 2 Parallel Bridge

MONDAY, SEPTEMBER 29th

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 + 2 Incline Sumo	Full Body	Standing Scorpion, sides 1 and 2 Hamstring Bridge

TUESDAY, SEPTEMBER 30th - CARDIO

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2	Full Body	Standing Parallel, sides 1 and 2