

OCTOBER 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!

WEDNESDAY, OCTOBER 1st

LEGS	COMBO	GLUTES
Power 4 w/ TRX, sides 1 and 2 Plie Squat, center-facing add-ons	Back Chest	All Fours + turned out add-ons, sides 1 and 2 Parallel Bridge w/ Gliders

THURSDAY, OCTOBER 2nd

LEGS	COMBO	GLUTES
Side Lunge w/ glider, sides 1 and 2 Elevated Power Base	Full Body	Single Leg Bridge, sides 1 and 2 Prone Diamond w/ Ball

FRIDAY, OCTOBER 3rd

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Power Diamond Skier	Chest Shoulder Tricep	Angled Crescent Glutes, sides 1 and 2 TRX Bridge Marches

SATURDAY, OCTOBER 4th

LEGS	COMBO	GLUTES
Reverse Power Diamond, single leg add-ons, sides 1 and 2 Incline Chair w/ Ball	Full Body	Prone Glutes w/ parallel lifts, sides 1 and 2 Sumo Bridge

MONDAY, OCTOBER 6th

LEGS	COMBO	GLUTES
Split Sumo w/ Ball, sides 1 and 2 TRX Froggers	Shoulders	Head to Barre, sides 1 and 2 TRX Inverted Diamond

TUESDAY, OCTOBER 7th - CARDIO

LEGS	COMBO	GLUTES
Reverse Power Base Upright Chair	Full Body	Side-lying Glutes, sides 1 and 2

WEDNESDAY, OCTOBER 8th

LEGS	COMBO	GLUTES
Horse to Plie (Plie majority) sides 1 and 2 Power Base Skier	Full Body	TRX Inverted Bridge Diamond Bridge Prone Parallel w/ Ball

THURSDAY, OCTOBER 9th

LEGS	COMBO	GLUTES
Upright Crescent w/ front foot on stakt Mat, sides 1 and 2 Power Diamond w/ TRX	Back Bicep	TRX Standing Pretzel, sides 1 and 2 Narrow Bridge

FRIDAY, OCTOBER 10th

LEGS	COMBO	GLUTES
Split Power Diamond, Passe Add-ons, sides 1 and 2 Reverse Chair	Full Body	Standing Angle Glutes (parallel Posture) sides 1 and 2 Sumo Bridge

SATURDAY, OCTOBER 11th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Elevated Diamond	Back Chest	Seated Pretzel, sides 1 and 2 Parallel Bridge

MONDAY, OCTOBER 13th

LEGS	COMBO	GLUTES
Power Base w/ TRX Sumo Squat, center-facing add-ons Any Chair Squat - can be in Power	Full Body	Glute Snappers (mat version) sides 1 and 2 Hamstring Bridge

TUESDAY, OCTOBER 14th - CARDIO

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

WEDNESDAY, OCTOBER 15th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Plie	Bicep Tricep	Standing Pretzel, sides 1 and 2 Barre Inverted Bridge

THURSDAY, OCTOBER 16th

LEGS	COMBO	GLUTES
Profile Diamond, sides 1 and 2 Incline Chair	Full Body	Head to Barre, sides 1 and 2 *MASTER INSTRUCTORS NEW POSTURE* Reverse Split Squat, sides 1 and 2 TRX Inverted Diamond

FRIDAY, OCTOBER 17th

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Power Diamond	Shoulders	All Fours + turned out add-ons, sides 1 and 2 Narrow Bridge

SATURDAY, OCTOBER 18th

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2 Elevated Power Diamond	Full Body	Single Leg Bridge, sides 1 and 2 Prone Diamond w/ Ball

MONDAY, OCTOBER 20th

LEGS	COMBO	GLUTES
Reverse Power Diamond, single leg add-ons, sides 1 and 2 Upright Chair	Chest Shoulder Tricep	Standing Angle Glutes (parallel Posture) sides 1 and 2 Diamond Bridge

TUESDAY, OCTOBER 21st - CARDIO

LEGS	COMBO	GLUTES
Power 4, sides 1 and 2	Full Body	Glutes Snappers (mat version), sides 1 and 2

WEDNESDAY, OCTOBER 22nd

LEGS	COMBO	GLUTES
Side lunge w/ Glider, sides 1 and 2 TRX Froggers	Full Body	TRX Bridge Marches Sumo Bridge Prone Parallel w/ Ball

THURSDAY, OCTOBER 23rd

LEGS	COMBO	GLUTES
Upright Crescent w/ front foot on stakt Mat, sides 1 and 2 Power Diamond Skier	Back Chest	TRX Standing Pretzel, sides 1 and 2 Parallel Bridge w/ gliders

FRIDAY, OCTOBER 24th

LEGS	COMBO	GLUTES
Split Power Diamond, sides 1 and 2 Reverse Chair	Full Body	Prone Glutes w/ parallel lifts, sides 1 and 2 TRX Inverted Diamond

SATURDAY, OCTOBER 25th

LEGS	COMBO	GLUTES
Horse Pose w/ glider, sides 1 and 2 Elevated Power Diamond	Back Bicep	Side-lying glutes, sides 1 and 2 Parallel Bridge w/ weights

MONDAY, OCTOBER 27th

LEGS	COMBO	GLUTES
Reverse Power Base Plie squat, center-facing add-ons TRX Power Base Skier	Full Body	*NEW* Kneeling Pretzel, sides 1 and 2 TRX Inverted Bridge

TUESDAY, OCTOBER 28th - CARDIO

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2	Full Body	All Fours + parallel add-ons, sides 1 and 2

WEDNESDAY, OCTOBER 29th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Plie	Shoulders	Angled Crescent Glutes, sides 1 and 2 Barre Inverted Bridge

THURSDAY, OCTOBER 30th

LEGS	COMBO	GLUTES
Profile Diamond, sides 1 and 2 Incline Chair	Full Body	Standing Parallel, sides 1 and 2 Diamond Bridge

FRIDAY, OCTOBER 31st

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Power Diamond	Bicep Tricep	Seated Pretzel, sides 1 and 2 Hamstring Bridge