

APRIL 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, APRIL 1st

LEGS	COMBO	GLUTES
Reverse Power Base, single leg add-ons, sides 1 and 2 Plie Squat, center-facing add-ons	Full Body	Glute Snappers (mat version) sides 1 and 2 Parallel Bridge w/ Gliders

THURSDAY, APRIL 2nd

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 TRX Froggers	Back Bicep	Standing Angle Glutes (parallel postures) sides 1 and 2 Prone Diamond

FRIDAY, APRIL 3rd

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Elevated Power Diamond	Full Body	Angled Crescent Glutes, sides 1 and 2 Barre Inverted Bridge

SATURDAY, APRIL 4th

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Reverse Chair	Back Chest	Single Leg Bridge, sides 1 and 2 Sumo Thruster

SUNDAY, APRIL 5th

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

MONDAY, APRIL 6th

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base	Bicep Tricep	Standing Parallel, sides 1 and 2 Sumo Bridge

TUESDAY, APRIL 7th

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2 Sumo Squat, ball in hand add-ons	Full body	Seated Pretzel, sides 1 and 2 Parallel Bridge w/ Weights

WEDNESDAY, APRIL 8th

LEGS	COMBO	GLUTES
Side Lunge w/ Glider, sides 1 and 2 Power Base Skier	Shoulders Back	Crescent Glutes, sides 1 and 2 TRX inverted Diamond

THURSDAY, APRIL 9th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Diamond Skier	Full Body	TRX Standing pretzel, sides 1 and 2 Hamstring Bridge

FRIDAY, APRIL 10th

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Incline Chair	Chest Shoulder Tricep	Prone Glutes with parallel lifts, sides 1 and 2 Diamond Bridge

SATURDAY, APRIL 11th

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 Power Diamond	Full Body	Side Diamond, sides 1 and 2 Hip Thruster

SUNDAY, APRIL 12th

LEGS	COMBO	GLUTES
Instructor Choice 2 turnout, 1 parallel	Back Bicep	Instructor Choice 2 parallel, 1 turnout

MONDAY, APRIL 13th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Power Plie	Full Body	Angled Head to Barre, sides 1 and 2 TRX Inverted Glute Bridge

TUESDAY, APRIL 14th

LEGS	COMBO	GLUTES
Curtseys, sides 1 and 2 Elevated Power Base	Back Chest	TRX Single Leg Bridge, sides 1 and 2 Prone Diamond

WEDNESDAY, APRIL 15th

LEGS	COMBO	GLUTES
Chair squat in Power (any variation) Reverse Upright Sumo TRX Froggers	Full Body	All Fours Turned out Add-ons, sides 1 and 2 Narrow Bridge

THURSDAY, APRIL 16th

LEGS	COMBO	GLUTES
Crescent to Plie, sides 1 and 2 Power Base	Bicep Tricep	Reverse Split Squat, sides 1 and 2 Sumo Bridge

FRIDAY, APRIL 17th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Elevated Diamond	Full Body	Standing Glute Snappers, sides 1 and 2 Prone Parallel w/ Ball

SATURDAY, APRIL 18th

LEGS	COMBO	GLUTES
Reverse Power Diamond, single leg add-ons, sides 1 and 2 Upright Chair	Shoulders Back	All Fours, Parallel Add-Ons, sides 1 and 2 Sumo Thruster

SUNDAY, APRIL 19th

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

MONDAY, APRIL 20th

LEGS	COMBO	GLUTES
Profile Plie, sides 1 and 2 Power Base	Chest Shoulder Tricep	Head to Barre, sides 1 and 2 TRX Inverted Diamond

TUESDAY, APRIL 21st

LEGS	COMBO	GLUTES
Chair to Horse, sides 1 and 2 Power Diamond Skier	Full body	Glute Dives (mat) sides 1 and 2 Parallel Bridge w/ Gliders

WEDNESDAY, APRIL 22nd

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Incline Chair	Back Bicep	Barre Inverted Bridge Diamond Bridge TRX Bridge marches

THURSDAY, APRIL 23rd

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Power Diamond	Full Body	Standing Pretzel, sides 1 and 2 Parallel Bridge w/ weights

FRIDAY, APRIL 24th

LEGS	COMBO	GLUTES
Split Sumo, sides 1 and 2 Power Base Skier	Back Chest	Standing Angle Glutes (parallel postures) sides 1 and 2 Prone Diamond

SATURDAY, APRIL 25th

LEGS	COMBO	GLUTES
Power Four, sides 1 and 2 Incline Sumo	Full Body	Side-lying Glutes, sides 1 and 2 Hamstring Bridge

SUNDAY, APRIL 26th

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

MONDAY, APRIL 27th

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 Power Plie	Full Body	Standing Scorpion, sides 1 and 2 Hip Thruster

TUESDAY, APRIL 28th

LEGS	COMBO	GLUTES
Reverse Power Diamond, single leg add-ons, sides 1 and 2 Reverse Chair	Shoulders Back	Prone Glutes with parallel lifts, sides 1 and 2 Sumo Bridge

WEDNESDAY, APRIL 29th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Elevated Power Diamond	Full Body	Kneeling Pretzel, sides 1 and 2 Narrow Bridge

THURSDAY, APRIL 30th

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 Chair Squat in power (any)	Chest Shoulder Tricep	Standing Parallel, sides 1 and 2 Sumo Thruster