

WEEKLY POP-UP SCHEDULE

WEEK 1: SEPTEMBER 1 - 6

TUESDAY

START OF CHALLENGE

THURSDAY

7:30 AM - Mat Pilates w/ accessories
10:30 AM - Vinyasa Flow: Twists
6:00 PM - Stretch & Restore
w/ Guided Meditation

FRIDAY

9:00 AM - Vinyasa Flow: Intro to Inversions
*wrist & shoulder focus
10:45 AM - Yin for the Spine,
Guided Meditation: Finding Calm
4:30 PM - Breathe Fusion

SUNDAY

8:15 AM - Mat Pilates

WEEKLY POP-UP SCHEDULE

WEEK 2: SEPTEMBER 7 - 13

MONDAY

7:30 AM - Mat Pilates w/ accessories

TUESDAY

5:00 PM - **VIRTUAL** Energizing Yoga Chakras:
Root chakra and sacral chakra

WEDNESDAY

9:00 AM - Vinyasa Flow: Hip Opening Focus

THURSDAY

7:30 AM - Mat Pilates w/ accessories
10:30 AM - Vinyasa Flow: Heart Opening
6:00 PM - Stretch & Restore
w/ Guided Meditation

FRIDAY

9:00 AM - Vinyasa Flow: Intro to Inversions
*core focus
10:45 AM - Yin for the Hips & Low Back;
Guided Meditation: The Rhythm of Your Breath
4:30 PM - Breathe Fusion

SUNDAY

8:15 AM - Mat Pilates

WEEKLY POP-UP SCHEDULE

WEEK 3: SEPTEMBER 14 - 20

MONDAY

7:30 AM - Mat Pilates w/ accessories

TUESDAY

5:00 PM - **VIRTUAL** Energizing Yoga Chakras:
Solar plexus and heart chakra

THURSDAY

7:30 AM - Mat Pilates w/ accessories
10:30 AM - Vinyasa Flow: Balancing
6:00 PM - Stretch & Restore
w/ Guided Meditation

FRIDAY

9:00 AM - Vinyasa Flow: Intro to Inversions
*inversion prep
10:45 AM - Yin for the Shoulders & Mid Back;
Guided Meditation: Relax & Release
4:30 PM - Breathe Fusion

SATURDAY

4:30 PM - Arm balance flow

SUNDAY

8:15 AM - Mat Pilates

WEEKLY POP-UP SCHEDULE

WEEK 4: SEPTEMBER 21 - 27

MONDAY

7:30 AM - Mat Pilates w/ accessories

TUESDAY

5:00 PM - **VIRTUAL** Energizing Yoga Chakras:
Throat chakra and Third eye chakra

WEDNESDAY

9:00 AM - Vinyasa Flow:
Shoulder Opening Focus

THURSDAY

7:30 AM - Mat Pilates w/ accessories
10:30 AM - Vinyasa Flow:
twisting, opening & balancing
6:00 PM - Stretch & Restore
w/ Guided Meditation

FRIDAY

9:00 AM - Vinyasa Flow: Intro to Inversions
*building inversions into your practice
10:45 AM - Yin for the Lateral Body;
Guided Meditation:
Focus & Eliminating Distractions
4:30 PM - Breathe Fusion

SUNDAY

8:15 AM - Mat Pilates
12:30 PM - Inversion Workshop

WEEKLY POP-UP SCHEDULE

WEEK 5: SEPTEMBER 28 - 30

MONDAY

7:30 AM - Mat Pilates w/ accessories

TUESDAY

5:00 PM - **VIRTUAL** Energizing Yoga Chakras:
All six chakras and Crown chakra

WEDNESDAY

END OF CHALLENGE