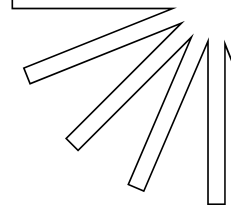


# BYS August Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Happy Hamstrings</u>	2 REST	3 <i>NEW CLASS!</i>	4 <u>Daily 5-Min Splits Stretch</u>	5 REST	6 <u>Classic Restorative Flow</u>
7 <u>60-Min Hips &amp; Hamstrings</u>	8 <u>Hip &amp; Glute Strength</u>	9 REST	10 <u>Strengthen Your Foundation</u>	11 <u>Daily 5-Min Splits Stretch</u>	12 REST	13 <u>A Good One to Fall Back On</u>
14 <u>Yin Yoga for the Hips &amp; Hamstrings</u>	15 <u>Upper Body Strength &amp; Posture</u>	16 REST	17 <u>Quick Workout Recovery</u>	18 <u>Daily 5-Min Splits Stretch</u>	19 REST	20 <u>Hip &amp; Back Highlights</u>
21 <u>Upper Body Power Flow</u>	22 <u>Classic Core Vinyasa Flow</u>	23 <u>Daily 5-Min Splits Stretch</u>	24 <u>Hip Strength</u>	25 <u>Daily 5-Min Splits Stretch</u>	26 <u>Daily 5-Min Splits Stretch</u>	27 <u>Quick Posture Fix</u>
28 <u>60-Min Hips &amp; Hamstrings</u>	29 <u>Easy Going Core</u>	30 <u>Daily 5-Min Splits Stretch</u>	31 <u>Full Hour Splits Flow</u>			



## Notes

This month, we're focused on getting the Splits, but working up to it in a smart way. Lots of attention to lengthening the hips and hamstrings, of course, but also not ignoring the necessary strength you need to maintain this pose comfortably. I also would NOT give you an entire month with zero classes for the rest of the body, so you'll have a few of upper body and core classes mixed in as well just to ensure we don't ignore anything.

