

		LIVE IN-STUDIO	LIVE ONLINE	ACCESS TO RECORDING	ON-DEMAND CONTENT LIBRARY
FLEX (IN-STUDIO & ONLINE)	1 class	✓	✓	1 week	
	10 / 20 / 30 classes	✓	✓	1 month	unlimited access for active packages
ONLINE	1 class		✓	1 week	
	1 month unlimited		✓	1 month	unlimited access for active packages

Our content library stores our recorded online classes. Each class is stored for 1 month from the time the class is conducted. If you are a package holder, you can access a month's worth of class recordings - including those you didn't attend!