spyre Weekly Class Schedule

MARCH 2024

MONDAY 3/4	TUESDAY 3/5	WEDNESDAY 3/6	THURSDAY 3/7	FRIDAY 3/8	SATURDAY 3/9	SUNDAY 3/10
8:15AM-9:15AM **QI GONG (FREE)** SCOTT	8:15AM-9:30AM **POWER FLOW YOGA (HEATED)** KATHLEEN	7:30AM-8:30AM **FEEL GOOD FLOW (HEATED)** NIKKI V. (sub)	8:30AM-9:30AM **VINYASA FLOW YOGA (HEATED)** KAITLYN	8:30AM-9:30AM **YOGA SCULPT (HEATED)** CHELSEA	8:15AM-9:15AM **THE WORKOUT WITHIN** KATIE	9:15AM-10:15AM **YOGA SCULPT (HEATED)** ARIELLE
8:30AM -9:30AM **LIFT** MORGAN	9:30AM-10:30AM **ASHTANGA-INSPIRED YOGA** TARA	8:30AM-9:30AM **THERAPEUTIC YOGA** JENN	9:45AM-10:45AM **THE WORKOUT WITHIN** KATIE	9:45AM-10:45AM **HIIT + YOGA COMBO CLASS (HEATED)** MARK	8:30AM-9:30AM **HATHA FLOW (HEATED)** BROOKE	10AM-11AM **EMBDOY** NIKI
10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** HOLLY	9AM-10AM **MAT PILATES** AMANDA	10AM-11AM **VINYASA FLOW YOGA** KAITLYN	10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10AM-11:15AM **ROGUE YOGA W/ LIVE MUSIC** JESS	10:30AM-11AM **HIIT EXPRESS: LOWER BODY** ARIELLE
10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	12PM-1PM **YOGA SCULPT (HEATED)** CHELSEA	10AM-10:45AM **AQUA HIIT** PATRICIA	12PM-12:30PM **BEGINNER PILATES** AMANDA	10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** MAYA	11AM-11:30AM **HIIT EXPRESS: UPPER BODY + ABS** ARIELLE
12PM-1PM **VINYASA YOGA (HEATED)** MARK	5PM-6PM **VINYASA FLOW YOGA (HEATED)** KAITLYN	10:30AM-11:30AM **BABY + ME PILATES** AMANDA	12:15PM-1:15PM **HIIT (HEATED)** WINNIE	12PM-12:30PM **BREATHING + MEDITATION** SCOTT	11AM-12:15PM **FEEL GOOD FLOW (HEATED)** OLIVIA	11:15AM-12:15PM **VIBEY VINYASA** ZACH
5PM-5:50PM **RESTORATIVE YOGA (HEATED)** KIM	6:15PM-7:15PM **MAT PILATES** MARIBETH	12PM-12:30PM **BREATHING + MEDITATION** SCOTT	6PM-7PM **VINYASA YOGA (HEATED)** ZACH (sub)	12PM-1PM **VINYASA YOGA** MARK	11:30AM-12:30PM **REIKI TUNEUP + GUIDED MEDITATION** SKY	11:45AM-12:45PM **SAMBA SWEAT + TONE** DEE
6PM-7PM **AFRO BEATS SCULPT + YOGA** KIM	6:15PM-7:15PM **CANDLELIT FLOW YOGA** KAITLYN	12PM-1PM **VIBEY VINYASA (HEATED)** ZACH	6:15PM-7PM **MEDITATION ACTIVATION** ELIZABETH JASMINE	4:30PM-5:30PM **$8 COMMUNITY YOGA** JENN	12:45PM-1:45PM **RESTORATIVE YOGA** KATHLEEN	12PM-1PM **WATER AEROBICS** HOLLY
6PM-7PM **VINYASA YOGA (HEATED)** KATHLEEN		5:00PM-5:45PM **BREATHE + RESTORE** KATHLEEN		6PM-7PM **NEW MOON SOUND BATH** CAROLINE		
		5:30PM-6:30PM **WATER AEROBICS** MICHELE				
		6PM-7PM **CANDLELIT FLOW YOGA (HEATED)** KATHLEEN				

Heated Class
30 Minute Class
Free Community Class
Dance Class
New Class
Aqua Class
Event/Workshop

spyre Weekly Class Schedule

MARCH 2024

MONDAY 3/11	TUESDAY 3/12	WEDNESDAY 3/13	THURSDAY 3/14	FRIDAY 3/15	SATURDAY 3/16	SUNDAY 3/17
8:15AM-9:15AM **QI GONG (FREE)** SCOTT	8:15AM-9:30AM **POWER FLOW YOGA (HEATED)** KATHLEEN	7:30AM-8:30AM **FEEL GOOD FLOW (HEATED)** OLIVIA	8:30AM-9:30AM **VINYASA FLOW YOGA (HEATED)** KAITLYN	8:30AM-9:30AM **YOGA SCULPT (HEATED)** CHELSEA	8:15AM-9:15AM **THE WORKOUT WITHIN** KATIE	9:15AM-10:15AM **YOGA SCULPT (HEATED)** ARIELLE
8:30AM -9:30AM **LIFT** NIKI	9:30AM-10:30AM **ASHTANGA-INSPIRED YOGA** TARA	8:30AM-9:30AM **THERAPEUTIC YOGA** JENN	10AM-11AM **VINYASA FLOW YOGA** KAITLYN	9AM-10AM **VINYASA YOGA + SOUND BATH** CAROLINE	8:30AM-9:30AM **HATHA FLOW (HEATED)** BROOKE	10AM-11AM **EMBDOY** NIKI
10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** HOLLY	9AM-10AM **MAT PILATES** AMANDA	12PM-12:30PM **BEGINNER PILATES** AMANDA	9:45AM-10:45AM **HIIT + YOGA COMBO CLASS (HEATED)** MARK	10AM-11:15AM **ROGUE YOGA W/ LIVE MUSIC** JESS	10:30AM-11AM **HIIT EXPRESS: LOWER BODY** ARIELLE
10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	12PM-1PM **YOGA SCULPT (HEATED)** CHELSEA	10AM-10:45AM **AQUA HIIT** PATRICIA	12:15PM-1:15PM **HIIT (HEATED)** WINNIE	10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** KRISTIN (sub)	11AM-11:30AM **HIIT EXPRESS: UPPER BODY + ABS** ARIELLE
12PM-1PM **VINYASA YOGA (HEATED)** MARK	5PM-6PM **VINYASA FLOW YOGA (HEATED)** KAITLYN	10:30AM-11:30AM **BABY + ME PILATES** AMANDA	6PM-7PM **VINYASA YOGA (HEATED)** ZACH (sub)	10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	11AM-12:15PM **FEEL GOOD FLOW (HEATED)** OLIVIA	11:15AM-12:15PM **VIBEY VINYASA** ZACH
5PM-5:50PM **RESTORATIVE YOGA (HEATED)** KIM	6:15PM-7:15PM **MAT PILATES** MARIBETH	12PM-12:30PM **BREATHING + MEDITATION** TARA (sub)	6PM-7PM **EMBODY** NIKI	12PM-12:30PM **BREATHING + MEDITATION** CAROLINE (sub)	12:45PM-1:45PM **RESTORATIVE YOGA** KATHLEEN	11:45AM-12:45PM **SAMBA SWEAT + TONE** DEE
5:30PM-6:30PM **WATER AEROBICS** KRISTIN	6:15PM-7:15PM **CANDLELIT FLOW YOGA** KAITLYN	12PM-1PM **VIBEY VINYASA (HEATED)** ZACH		12PM-1PM **VINYASA YOGA** MARK		12PM-1PM **WATER AEROBICS** HOLLY
6PM-7PM **AFRO BEATS SCULPT + YOGA** KIM		5:00PM-5:45PM **BREATHE + RESTORE** KATHLEEN		4:30PM-5:30PM **$8 COMMUNITY YOGA** CHELSEA H.		
6PM-7PM **VINYASA YOGA (HEATED)** KATHLEEN		5:30PM-6:30PM **WATER AEROBICS** MICHELE				
		6PM-7PM **CANDLELIT FLOW YOGA (HEATED)** KATHLEEN				

Heated Class
30 Minute Class
Free Community Class
Dance Class
New Class
Aqua Class
Event/Workshop

spyre Weekly Class Schedule

MARCH 2024

MONDAY 3/18	TUESDAY 3/19	WEDNESDAY 3/20	THURSDAY 3/21	FRIDAY 3/22	SATURDAY 3/23	SUNDAY 3/24
8:15AM-9:15AM **QI GONG (FREE)** SCOTT	8:15AM-9:30AM **POWER FLOW YOGA (HEATED)** CHELSEA H. (sub)	7:30AM-8:30AM **FEEL GOOD FLOW (HEATED)** OLIVIA	8:30AM-9:30AM **VINYASA FLOW YOGA (HEATED)** KAITLYN	8:30AM-9:30AM **YOGA SCULPT (HEATED)** CHELSEA	8:15AM-9:15AM **THE WORKOUT WITHIN** KATIE	9:15AM-10:15AM **YOGA SCULPT (HEATED)** ARIELLE
8:30AM -9:30AM **LIFT** NIKI	9:30AM-10:30AM **ASHTANGA-INSPIRED YOGA** TARA	8:30AM-9:30AM **THERAPEUTIC YOGA** JENN	9:45AM-10:45AM **THE WORKOUT WITHIN** KATIE	9AM-10AM **VINYASA YOGA + SOUND BATH** CAROLINE	8:30AM-9:30AM **HATHA FLOW (HEATED)** BROOKE	10AM-11AM **EMBDOY** NIKI
10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** HOLLY	9AM-10AM **MAT PILATES** AMANDA	10AM-11AM **VINYASA FLOW YOGA** KAITLYN	9:45AM-10:45AM **HIIT + YOGA COMBO CLASS (HEATED)** MARK	10AM-11:15AM **ROGUE YOGA W/ LIVE MUSIC** JESS	10:30AM-11AM **HIIT EXPRESS: LOWER BODY** ARIELLE
10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	12PM-1PM **YOGA SCULPT (HEATED)** CHELSEA	10AM-10:45AM **AQUA HIIT** PATRICIA	12PM-12:30PM **BEGINNER PILATES** AMANDA	10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** MAYA	11AM-11:30AM **HIIT EXPRESS: UPPER BODY + ABS** ARIELLE
12PM-1PM **VINYASA YOGA (HEATED)** MARK	5PM-6PM **VINYASA FLOW YOGA (HEATED)** KAITLYN	10:30AM-11:30AM **BABY + ME PILATES** AMANDA	12:15PM-1:15PM **HIIT (HEATED)** WINNIE	10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	11AM-12:15PM **FEEL GOOD FLOW (HEATED)** OLIVIA	11:15AM-12:15PM **VIBEY VINYASA** ZACH
5PM-5:50PM **RESTORATIVE YOGA (HEATED)** KIM	6:15PM-7:15PM **MAT PILATES** MARIBETH	12PM-12:30PM **BREATHING + MEDITATION** SCOTT	6PM-7PM **VINYASA YOGA (HEATED)** ZACH (sub)	12PM-12:30PM **BREATHING + MEDITATION** SCOTT	11:30AM-12:30PM **REIKI TUNEUP + GUIDED MEDITATION** SKY	11:45AM-12:45PM **SAMBA SWEAT + TONE** DEE
5:30PM-6:30PM **WATER AEROBICS** KRISTIN	6:15PM-7:15PM **CANDLELIT FLOW YOGA** KAITLYN	12PM-1PM **VIBEY VINYASA (HEATED)** ZACH	6PM-7PM **EMBODY** NIKI	12PM-1PM **VINYASA YOGA** MARK	12:45PM-1:45PM **RESTORATIVE YOGA** KATHLEEN	12PM-1PM **WATER AEROBICS** HOLLY
6PM-7PM **AFRO BEATS SCULPT + YOGA** KIM		5:00PM-5:45PM **BREATHE + RESTORE** KATHLEEN		4:30PM-5:30PM **$8 COMMUNITY YOGA** CHELSEA H.		
6PM-7PM **VINYASA YOGA (HEATED)** NIKKI V. (sub)		5:30PM-6:30PM **WATER AEROBICS** MICHELE				
		6PM-7PM **CANDLELIT FLOW YOGA (HEATED)** KATHLEEN				

Heated Class
30 Minute Class
Free Community Class
Dance Class
New Class
Aqua Class
Event/Workshop

spyre Weekly Class Schedule

MARCH 2024

MONDAY 3/25	TUESDAY 3/26	WEDNESDAY 3/27	THURSDAY 3/28	FRIDAY 3/29	SATURDAY 3/30	SUNDAY 3/31
8:15AM-9:15AM **QI GONG (FREE)** SCOTT	8:15AM-9:30AM **POWER FLOW YOGA (HEATED)** KATHLEEN	7:30AM-8:30AM **FEEL GOOD FLOW (HEATED)** OLIVIA	8:30AM-9:30AM **VINYASA FLOW YOGA (HEATED)** KAITLYN	8:30AM-9:30AM **YOGA SCULPT (HEATED)** CHELSEA	8:15AM-9:15AM **THE WORKOUT WITHIN** KATIE	CLOSED FOR EASTER
8:30AM -9:30AM **LIFT** NIKI	9:30AM-10:30AM **ASHTANGA-INSPIRED YOGA** TARA	8:30AM-9:30AM **THERAPEUTIC YOGA** JENN	9:45AM-10:45AM **THE WORKOUT WITHIN** KATIE	9AM-10AM **VINYASA YOGA + SOUND BATH** CAROLINE	8:30AM-9:30AM **HATHA FLOW (HEATED)** CHELSEA	
10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** HOLLY	9AM-10AM **MAT PILATES** AMANDA	10AM-11AM **VINYASA FLOW YOGA** KAITLYN	9:45AM-10:45AM **HIIT + YOGA COMBO CLASS (HEATED)** MARK	10AM-11:15AM **ROGUE YOGA W/ LIVE MUSIC** JESS	
10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	12PM-1PM **YOGA SCULPT (HEATED)** CHELSEA	10AM-10:45AM **AQUA HIIT** PATRICIA	12PM-12:30PM **BEGINNER PILATES** AMANDA	10AM-10:30AM **AQUA HIIT EXPRESS** PATRICIA	10:30AM-11:30AM **WATER AEROBICS** MAYA	
12PM-1PM **VINYASA YOGA (HEATED)** MARK	5PM-6PM **VINYASA FLOW YOGA (HEATED)** KAITLYN	10:30AM-11:30AM **BABY + ME PILATES** AMANDA	12:15PM-1:15PM **HIIT (HEATED)** WINNIE	10:30AM-11AM **AQUA HIIT EXPRESS** PATRICIA	11AM-12:15PM **FEEL GOOD FLOW (HEATED)** OLIVIA	
5PM-5:50PM **RESTORATIVE YOGA (HEATED)** KIM	6:15PM-7:15PM **MAT PILATES** MARIBETH	12PM-12:30PM **BREATHING + MEDITATION** SCOTT	6PM-7PM **VINYASA YOGA (HEATED)** ZACH (sub)	12PM-12:30PM **BREATHING + MEDITATION** SCOTT	11:30AM-12:30PM **REIKI TUNEUP + GUIDED MEDITATION** SKY	
5:30PM-6:30PM **WATER AEROBICS** KRISTIN	6:15PM-7:15PM **CANDLELIT FLOW YOGA** KAITLYN	12PM-1PM **VIBEY VINYASA (HEATED)** ZACH	6PM-7PM **EMBODY** NIKI	12PM-1PM **VINYASA YOGA** MARK	12:45PM-1:45PM **RESTORATIVE YOGA** KATHLEEN	
6PM-7PM **AFRO BEATS SCULPT + YOGA** KIM		5:00PM-5:45PM **BREATHE + RESTORE** KATHLEEN	6:15PM-7PM **MEDITATION ACTIVATION** ELIZABETH JASMINE	4:30PM-5:30PM **$8 COMMUNITY YOGA** KATHLEEN		
6PM-7PM **VINYASA YOGA (HEATED)** KATHLEEN		5:30PM-6:30PM **WATER AEROBICS** MICHELE				
		6PM-7PM **CANDLELIT FLOW YOGA (HEATED)** KATHLEEN				
		6PM-7:15PM **FULL MOON REIKI + CACAO MEDITATION** SKY				

Heated Class
30 Minute Class
Free Community Class
Dance Class
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Event/Workshop