

MONDAY 4/1	TUESDAY 4/2	WEDNESDAY 4/3	THURSDAY 4/4	FRIDAY 4/5	SATURDAY 4/6	SUNDAY 4/7
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	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-10AM VINYASA YOGA + SOUND BATH TARA (sub)	8:30AM-9:30AM 🔥 HATHA FLOW (HEATED) BROOKE	10AM-11AM EMBODY 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 🔥 SLOW VIBE VINYASA (HEATED) ZACH	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	1PM-3:30PM KRIYA YOGA MINI IMMERSION WORKSHOP KATHLEEN	12PM-1PM 💧 WATER AEROBICS HOLLY
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN	5PM-5:45PM ⌚ BREATHE + RESTORE KATHLEEN	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	4:30PM-5:30PM \$8 COMMUNITY YOGA JENN		
		5:30PM-6:30PM 💧 WATER AEROBICS MICHELE				
		6PM-7PM 🔥 CANDLELIT FLOW YOGA (HEATED) KATHLEEN				

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

MONDAY 4/8	TUESDAY 4/9	WEDNESDAY 4/10	THURSDAY 4/11	FRIDAY 4/12	SATURDAY 4/13	SUNDAY 4/14
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	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 EMBODY 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	9AM-10:15AM GOAT YOGA OLIVIA	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 ⌚	10AM-11:15AM ROGUE YOGA W/ LIVE MUSIC JESS	11AM-11:30AM ⌚ HIIT EXPRESS: UPPER BODY + ABS ARIELLE
12PM-1PM 🔥 VINYASA YOGA (HEATED) MARK	5PM-6PM 🔥 VINYASA FLOW YOGA (HEATED) LIVI (sub)	10:30AM-11:30AM BABY + ME PILATES AMANDA	12:15PM-1:15PM 🔥 HIIT (HEATED) WINNIE	10:30AM-11AM 💧 AQUA HIIT EXPRESS PATRICIA ⌚	10:30AM-11:30AM 💧 WATER AEROBICS MAYA	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 🔥 SLOW VIBE VINYASA (HEATED) ZACH	12PM-12:30PM BREATHING + MEDITATION SCOTT	11AM-12:15PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	11:45AM-12:45PM SAMBA SWEAT + TONE DEE ✨
5:30PM-6:30PM 💧 WATER AEROBICS KRISTIN	6:15PM-7:15PM CANDLELIT FLOW YOGA LIVI (sub)	12PM-1PM 🔥 VIBEY VINYASA (HEATED) ZACH	6PM-7PM EMBODY NIKI	12PM-1PM VINYASA YOGA MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	12PM-1PM 💧 WATER AEROBICS HOLLY
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	6:15PM-7:15PM CANDLELIT FLOW YOGA LIVI (sub)	5PM-5:45PM ⌚ BREATHE + RESTORE KATHLEEN	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	4:30PM-5:30PM \$8 COMMUNITY YOGA BROOKE	1PM-3:30PM KRIYA YOGA MINI IMMERSION WORKSHOP KATHLEEN	
6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN		5:30PM-6:30PM 💧 WATER AEROBICS MICHELE				
		6PM-7PM 🔥 CANDLELIT FLOW YOGA (HEATED) KATHLEEN				
		6PM-7PM NEW MOON SOUND BATH CAROLINE				

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

MONDAY 4/15	TUESDAY 4/16	WEDNESDAY 4/17	THURSDAY 4/18	FRIDAY 4/19	SATURDAY 4/20	SUNDAY 4/21
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	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 EMBODY 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 🔥 SLOW VIBE VINYASA (HEATED) ZACH	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 JESS (sub)	12PM-1PM 💧 WATER AEROBICS HOLLY
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5PM-5:45PM ⌚ BREATHE + RESTORE KATHLEEN	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	4:30PM-5:30PM \$8 COMMUNITY YOGA KARINA		
6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN		5PM-5:45PM TAI CHI FOUNDATIONS (FREE) HUZEFA DOSSAJI				
6PM-7PM PLANT WAVE + ACUDETUX NOELL EANES		5:30PM-6:30PM 💧 WATER AEROBICS MICHELE				
		6PM-7PM 🔥 CANDLELIT FLOW YOGA (HEATED) KATHLEEN				

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

MONDAY 4/22	TUESDAY 4/23	WEDNESDAY 4/24	THURSDAY 4/25	FRIDAY 4/26	SATURDAY 4/27	SUNDAY 4/28
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	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 EMBODY 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 🔥 SLOW VIBE VINYASA (HEATED) ZACH	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 JENN (sub)	12PM-1PM 💧 WATER AEROBICS HOLLY
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5PM-5:45PM ⌚ BREATHE + RESTORE KARINA (sub)	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		
6PM-7PM 🔥 VINYASA YOGA (HEATED) NIKKI V. (sub)		5:30PM-6:30PM 💧 WATER AEROBICS MICHELE				
		6PM-7PM 🔥 CANDLELIT FLOW YOGA (HEATED) KARINA (sub)				
		6PM-7:15PM FULL MOON REIKI + CACAO MEDITATION SKY				

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