

spyre Weekly Class Schedule

JULY 2024






MONDAY 7/1	TUESDAY 7/2	WEDNESDAY 7/3	THURSDAY 7/4	FRIDAY 7/5	SATURDAY 7/6	SUNDAY 7/7
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) NIKKI V. (sub)	8:30AM-9:30AM THERAPEUTIC YOGA JENN	 <p>CLOSED FOR 4TH OF JULY</p>	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-10:15AM YOGA SCULPT (HEATED) CHELSEA (sub)
8:30AM-9:30AM LIFT NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA CAROLINE (sub)	9AM-10AM MAT PILATES AMANDA		9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	10AM-11AM EMBDYOY NIKI
9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	10:30AM-11:30AM WATER AEROBICS KIM (sub)	9:30AM-10AM AQUA HIIT EXPRESS PATRICIA		10AM-10:45AM AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA W/ LOCAL MUSICIAN JENN (sub)	11:15AM-12:15PM VIBEY VINYASA ZACH
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) KIM (sub)	10AM-10:45AM AQUA HIIT PATRICIA		11AM-12PM ESSENCE FEST YOGA HOSTED BY JADE HALL	10:30AM-11:30AM WATER AEROBICS MAYA	11:45AM-12:45PM SAMBA SWEAT + TONE DEE
12PM-1PM VINYASA YOGA (HEATED) KARINA (sub)	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) NIKKI V. (sub)		12PM-1PM VINYASA YOGA MARK	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-1PM WATER AEROBICS HOLLY
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	5:30PM-6:30PM WATER AEROBICS MICHELE		4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF	12:45PM-1:45PM YOGA RESET OLIVIA (sub)	
5:30PM-6:30PM WATER AEROBICS KRISTIN	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) NIKKI V. (sub)				
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		6:00PM-7:00PM NEW MOON SOUND BATH CAROLINE CHIESA				
6PM-7PM VINYASA YOGA (HEATED) BROOKE (sub)						

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






MONDAY 7/8	TUESDAY 7/9	WEDNESDAY 7/10	THURSDAY 7/11	FRIDAY 7/12	SATURDAY 7/13	SUNDAY 7/14
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	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 VINYASA + ASHTANGA YOGA CAROLINE (sub)	9AM-10AM MAT PILATES AMANDA	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 EMBOYO NIKI
9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	10:30AM-11:30AM WATER AEROBICS HOLLY	9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	10AM-11AM VINYASA FLOW YOGA KAITLYN	9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	10AM-11:15AM ROGUE YOGA W/ LOCAL MUSICIAN JENN (sub)	10:30AM-11AM HIIT EXPRESS: LOWER BODY ARIELLE
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	10:30AM-11:30AM WATER AEROBICS MAYA	11AM-11:30AM HIIT EXPRESS: UPPER BODY + ABS ARIELLE
12PM-1PM VINYASA YOGA (HEATED) CHELSEA D. (sub)	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:30PM BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT 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	5PM-5:45PM BREATHE + RESTORE KATHLEEN	12PM-1PM HIIT (HEATED) TINO	12PM-1PM VINYASA YOGA MARK	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	5:30PM-6:30PM WATER AEROBICS MICHELE	5:30PM-6:30PM BROWN GIRLS SWIM: ADULT SWIM CLASS	4:30PM-5:30PM \$8 COMMUNITY YOGA CHELSEA H. (sub)	12:45PM-1:45PM YOGA RESET KATHLEEN (sub)	12PM-1PM WATER AEROBICS HOLLY
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED) ZACH			
6PM-7PM VINYASA YOGA (HEATED) BROOKE (sub)			6PM-7PM EMBODY NIKI			
			6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE			

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

MONDAY 7/15	TUESDAY 7/16	WEDNESDAY 7/17	THURSDAY 7/18	FRIDAY 7/19	SATURDAY 7/20	SUNDAY 7/21
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	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 VINYASA + ASHTANGA YOGA CAROLINE (sub)	9AM-10AM MAT PILATES AMANDA	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 EMBOYO NIKI
9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	10:30AM-11:30AM WATER AEROBICS HOLLY	9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	10AM-11AM VINYASA FLOW YOGA KAITLYN	9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	10AM-11:15AM ROGUE YOGA W/ LOCAL MUSICIAN JENN (sub)	10:30AM-11AM HIIT EXPRESS: LOWER BODY ARIELLE
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	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	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:30PM BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT PATRICIA	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	11:15AM-12:15PM VIBEY VINYASA ZACH
5PM-5:50PM RESTORATIVE YOGA (HEATED) KATHLEEN (sub)	6:15PM-7:15PM MAT PILATES MARIBETH	5PM-5:45PM BREATHE + RESTORE KATHLEEN	12PM-1PM HIIT (HEATED) TINO	12PM-1PM VINYASA YOGA MARK	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	5:30PM-6:30PM WATER AEROBICS MICHELE	5:30PM-6:30PM BROWN GIRLS SWIM: ADULT SWIM CLASS	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF	12:45PM-1:45PM YOGA RESET KATHLEEN (sub)	12PM-1PM WATER AEROBICS HOLLY
6PM-7PM AFRO BEATS SCULPT + YOGA DEE (sub)	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED) ZACH	6PM-7:15PM FULL MOON REIKI + CACAO MEDITATION SKY	2PM-3:30PM FREE YOUR NECK + SHOULDERS WORKSHOP BROOKE	
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN			6PM-7PM EMBODY NIKI			
			6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE			

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

MONDAY 7/22	TUESDAY 7/23	WEDNESDAY 7/24	THURSDAY 7/25	FRIDAY 7/26	SATURDAY 7/27	SUNDAY 7/28
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	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	8:30AM-9:30AM PUPPY YOGA OLIVIA
8:30AM-9:30AM LIFT NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA KATHLEEN (sub)	9AM-10AM MAT PILATES AMANDA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
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10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	10:30AM-11:30AM WATER AEROBICS MAYA	10:30AM-11AM HIIT EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:30PM BEGINNER PILATES NIKI (sub)	10AM-10:45AM AQUA HIIT PATRICIA	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	11AM-11:30AM HIIT EXPRESS: UPPER BODY + ABS ARIELLE
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6PM-7PM AFRO BEATS SCULPT + YOGA KIM	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED) ZACH			12PM-1PM WATER AEROBICS MICHELLE (sub)
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM TAI CHI FOUNDATIONS HUZEFA	6PM-7PM EMBODY NIKI			1PM-2PM YOGA NIDRA ASHLEY
			6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE			

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