SPYPE 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 A POWER FLOW YOGA (HEATED) NIKKI V. (sub)	8:30AM-9:30AM THERAPEUTIC YOGA JENN 9AM-10AM		9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-10:15AM A YOGA SCULPT (HEATED) CHELSEA (sub)
8:30AM -9:30AM () LIFT NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	MAT PILATES AMANDA	W=	9:30AM-10AM On AQUA HIIT EXPRESS PATRICIA	8:30AM-9:30AM A HATHA FLOW (HEATED)	10AM-11AM EMBDOY NIKI
9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	CAROLINE (sub)	9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	7050	10AM-10:45AM O	BROOKE 10AM-11:15AM ROGUE YOGA	11:15AM-12:15PM VIBEY VINYASA ZACH
10AM-10:45AM	WATER AEROBICS KIM (sub)	10AM-10:45AM PAQUA HIIT	CLOSED FOR 4TH OF JULY	PATRICIA 11AM-12PM ESSENCE FEST YOGA	W/ LOCAL MUSICIAN JENN (sub) 10:30AM-11:30AM	11:45AM-12:45PM SAMBA SWEAT + TONE
12PM-1PM VINYASA YOGA (HEATED) KARINA (sub)	12PM-1PM YOGA SCULPT (HEATED) KIM (sub)	12PM-1PM FEEL GOOD FLOW (HEATED)		12PM-1PM VINYASA YOGA MARK	MAYA 11AM-12:15PM FEEL GOOD FLOW	12PM-1PM () WATER AEROBICS HOLLY
5PM-5:50PM (S) RESTORATIVE YOGA (HEATED) KIM	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	5:30PM-6:30PM WATER AEROBICS MICHELE		4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF	(HEATED) OLIVIA 12:45PM-1:45PM YOGA RESET OLIVIA (sub)	
5:30PM-6:30PM WATER AEROBICS KRISTIN	6:15PM-7:15PM MAT PILATES MARIBETH	6PM-7PM CANDLELIT FLOW YOGA (HEATED)	※ ※			
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	6:00PM-7:00PM NEW MOON SOUND BATH CAROLINE CHIESA				
6PM-7PM A VINYASA YOGA (HEATED) BROOKE (sub)			A .			
					heated Class	* Dance Clas
					30 Minute Cla	ss New Class

SPYTE Weekly Class Schedule

JULY 2024

Event/Workshop

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 A POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN 9AM-10AM	8:30AM-9:30AM A VINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-10:15AM A YOGA SCULPT (HEATED) ARIELLE
8:30AM -9:30AM () LIFT NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	MAT PILATES AMANDA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-10AM VINYASA YOGA + SOUND BATH	8:30AM-9:30AM A HATHA FLOW (HEATED)	10AM-11AM EMBDOY NIKI
9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	CAROLINE (sub) 10:30AM-11:30AM	9:30AM-10AM AQUA HIIT EXPRESS PATRICIA	KATIE 10AM-11AM VINYASA FLOW YOGA	CAROLINE 9:30AM-10AM	BROOKE 10AM-11:15AM ROGUE YOGA	10:30AM-11AM () HIIT EXPRESS: LOWER BODY
10AM-10:45AM 🔷 AQUA HIIT	WATER AEROBICS HOLLY	10AM-10:45AM 🦃 AQUA HIIT	10:30AM-11:30AM	PATRICIA (1) 9:45AM-10:45AM	W/ LOCAL MUSICIAN JENN (sub) 10:30AM-11:30AM	ARIELLE 11AM-11:30AM () HIIT EXPRESS: UPPER
PATRICIA 12PM-1PM VINYASA YOGA	12PM-1PM A	PATRICIA 12PM-1PM	MICHELE	HIIT + YOGA COMBO CLASS (HEATED)	WATER AEROBICS MAYA	BODY + ABS ARIELLE 11:15AM-12:15PM
(HEATED) CHELSEA D. (sub)	(HEATED) CHELSEA 5PM-6PM	FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:30PM U BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	VIBEY VINYASA ZACH
5PM-5:50PM CARESTORATIVE YOGA (HEATED) KIM	VINYASA FLOW YOGA (HEATED) KAITLYN	5PM-5:45PM (S) BREATHE + RESTORE KATHLEEN	12PM-1PM () HIIT (HEATED) TINO	PATRICIA 12PM-1PM VINYASA YOGA MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION	11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM (3) WATER AEROBICS KRISTIN	6:15PM-7:15PM MAT PILATES MARIBETH	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	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED) ZACH		(SATURELLY (SAU)	
6PM-7PM VINYASA YOGA (HEATED) BROOKE (sub)			6PM-7PM EMBODY NIKI			
Tree frant			6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE		Heated Class 30 Minute Cla	•
					A	Qo Aqua Clas

SPYPE Weekly Class Schedule

JULY 2024

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 A POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM A VINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-10:15AM A YOGA SCULPT (HEATED) ARIELLE
8:30AM -9:30AM 🐴 LIFT NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-10AM MAT PILATES AMANDA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-10AM VINYASA YOGA +	8:30AM-9:30AM A HATHA FLOW (HEATED)	10AM-11AM EMBDOY NIKI
9:30AM-10AM	CAROLINE (sub)	9:30AM-10AM AQUA HIIT EXPRESS	KATIE	SOUND BATH CAROLINE	BROOKE	10:30AM-11AM ©
PATRICIA (10:30AM-11:30AM WATER AEROBICS	PATRICIA ()	10AM-11AM VINYASA FLOW YOGA KAITLYN	9:30AM-10AM AQUA HIIT EXPRESS	10AM-11:15AM ROGUE YOGA W/LOCAL MUSICIAN	LOWER BODY ARIELLE
10AM-10:45AM	HOLLY	10AM-10:45AM	10:30AM-11:30AM	PATRICIA (JENN (sub)	11AM-11:30AM
PATRICIA	12PM-1PM A	PATRICIA 12PM-1PM	WATER AEROBICS MICHELE	9:45AM-10:45AM A HIIT + YOGA COMBO CLASS (HEATED)	10:30AM-11:30AM WATER AEROBICS MAYA	BODY + ABS ARIELLE
VINYASA YOGA (HEATED) MARK	(HEATED) CHELSEA	FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:30PM () BEGINNER PILATES	MARK 10AM-10:45AM 🗽	11AM-12:15PM FEEL GOOD FLOW (HEATED)	11:15AM-12:15PM VIBEY VINYASA ZACH
5PM-5:50PM (S)	5PM-6PM 🔥		AMANDA	AQUA HIIT PATRICIA	OLIVIA	11:45AM-12:45PM
RESTORATIVE YOGA (HEATED) KATHLEEN (sub)	VINYASA FLOW YOGA (HEATED) KAITLYN	5PM-5:45PM OBREATHE + RESTORE KATHLEEN	12PM-1PM () HIIT (HEATED) TINO	12PM-1PM VINYASA YOGA MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION	SAMBA SWEAT + TONE DEE
5:30PM-6:30PM WATER AEROBICS KRISTIN	6:15PM-7:15PM MAT PILATES MARIBETH	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)	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	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	
6PM-7PM A VINYASA YOGA (HEATED) KATHLEEN			6PM-7PM EMBODY NIKI	JKI	BROOKE	
WHI ILLERY			6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE		Heated Class 30 Minute Cla	A

SPYTE Weekly Class Schedule

JULY 2024

TUESDAY 7/23	WEDNESDAY 7/24	THURSDAY 7/25	FRIDAY 7/26	SATURDAY 7/27	SUNDAY 7/28
8:15AM-9:30AM A POWER FLOW YOGA (HEATED)	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM A VINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED)	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	8:30AM-9:30AM PUPPY YOGA OLIVIA
9:30AM-10:30AM VINYASA + ASHTANGA YOGA	MAT PILATES AMANDA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-10AM VINYASA YOGA + SOUND BATH	8:30AM-9:30AM 🔥 HATHA FLOW (HEATED)	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
10:30AM-11:30AM	AQUA HIIT EXPRESS PATRICIA	10AM-11AM VINYASA FLOW YOGA	9:30AM-10AM QUA HIIT EXPRESS	10AM-11:15AM ROGUE YOGA	10AM-11AM EMBDOY NIKI
HOLLY	10AM-10:45AM ** AQUA HIIT PATRICIA	10:30AM-11:30AM	9:45AM-10:45AM	JENN (sub) 10:30AM-11:30AM	10:30AM-11AM () HIIT EXPRESS: LOWER BODY
YOGA SCULPT (HEATED)	12PM-1PM FEEL GOOD FLOW	MICHELE	CLASS (HEATED)	MAYA 11AM-12:15PM ▲	ARIELLE 11AM-11:30AM (HIIT EXPRESS: UPPE
5PM-6PM	(HEATED) OLIVIA	BEGINNER PILATES NIKI (sub)	10AM-10:45AM () AQUA HIIT PATRICIA	(HEATED) OLIVIA	BODY + ABS ARIELLE
YOGA (HEATED) KAITLYN	BREATHE + RESTORE KATHLEEN	12PM-1PM () HIIT (HEATED) TINO	12PM-1PM VINYASA YOGA MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION	11:15AM-12:15PM VIBEY VINYASA ZACH
6:15PM-7:15PM MAT PILATES MARIBETH	5:30PM-6:30PM WATER AEROBICS MICHELE	5:30PM-6:30PM BROWN GIRLS SWIM: ADULT SWIM CLASS	\$6 COMMUNITY TOGA	12:45PM-1:45PM YOGA RESET	11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6PM-7PM ASLOW VIBE VINYASA (HEATED)		NIKKI V.	12PM-1PM WATER AEROBICS MICHELLE (sub)
1	6PM-7PM TAI CHI FOUNDATIONS	6PM-7PM EMBODY NIKI			1PM-2PM YOGA NIDRA ASHLEY
	HUZEFA	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE		Heated Class 30 Minute Cla	A
	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN 9:30AM-10:30AM VINYASA + ASHTANGA YOGA KATHLEEN (sub) 10:30AM-11:30AM WATER AEROBICS HOLLY 12PM-1PM YOGA SCULPT (HEATED) CHELSEA 5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN 6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM CANDLELIT FLOW YOGA	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN 9:30AM-10:30AM VINYASA + ASHTANGA YOGA KATHLEEN (sub) 10:30AM-11:30AM WATER AEROBICS HOLLY 12PM-1PM YOGA SCULPT (HEATED) CHELSEA 5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN 6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN 8:30AM-9:30AM THERAPEUTIC YOGA JENN MAT PILATES AMANDA 9:30AM-10AM AQUA HIIT EXPRESS PATRICIA 10AM-10:45AM AQUA HIIT PATRICIA 12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 5PM-5:45PM SPM-5:45PM WATER AEROBICS MICHELE 6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN 6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN 6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN 6PM-7PM TAI CHI	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN 9:30AM-10:30AM VINYASA + ASHTANGA YOGA KATHLEEN (sub) 10:30AM-11:30AM VINYASA FLOW YOGA (HEATED) WATER AEROBICS HOLLY 12PM-1PM YOGA SCULPT (HEATED) CHELSEA 5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN 12PM-1PM PATRICIA 5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN 6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM SLOW VIBE VINYASA (HEATED) XACH 6:15PM-7PM SLOW VIBE VINYASA (HEATED) XACH 6:15PM-7PM EMBODY NIKI 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM CANDLELIT FLOW YOGA KAITLYN 6:15PM-7PM MAT PILATES MARIBETH 6:15PM-7PM MAT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) FATHLEEN 9:30AM-10:30AM VINYASA + ASHTANGA YOGA (SULPT (HEATED) KAITLYN 10:30AM-11:30AM VINYASA + ASHTANGA YOGA (SULPT (HEATED) KAITLYN 10:30AM-11:30AM VINYASA + ASHTANGA YOGA (SULPT (HEATED) KAITLYN 10:30AM-11:30AM VINYASA + AQUA HIIT EXPRESS PATRICIA 10:30AM-11:30AM VINYASA FLOW YOGA (SULPT (HEATED) KAITLYN 12PM-1PM YOGA SCULPT (HEATED) KAITLYN 12PM-1PM YOGA SCULPT (HEATED) FEEL GOOD FLOW (HEATED) CLIVIA 12PM-1PM YOGA (HEATED) KAITLYN 12PM-1PM YOGA (HEATED) CLIVIA 12PM-1PM YOGA (HEATED) KAITLYN 10:30AM-11:30AM WATER AEROBICS MICHELE 10:30AM-11:30A	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN SUID BROOKE ACTIVAL PATRICIA PATRICI