#### Spyre Weekly Class Schedule

VINYASA YOGA (HEATED) KATHLEEN

# OCTOBER 2024

MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4	SATURDAY 10/5	SUNDAY 10/6
8:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	8:15AM-9:30AM 🔥 POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM NINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM 🔥 YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
9AM-9:45AM Qo AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo AQUA HIIT PATRICIA 9AM-10AM	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-10AM VINYASA YOGA + SOUND BATH	8:30AM-9:30AM 🔥 HATHA FLOW (HEATED)	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
10AM-10:45AM 🔷 AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS	MAT PILATES AMANDA 12PM-1PM	10AM-11AM VINYASA FLOW YOGA KAITLYN	9:45AM-10:45AM HIT + YOGA COMBO	BROOKE 10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBDOY NIKI
12PM-12:30PM GUIDED MEDITATION SHANDA	HOLLY  12PM-1PM	FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11:30AM WATER AEROBICS MICHELE	CLASS (HEATED) MARK 11:15AM-11:45AM	10:30AM-11:30AM WATER AEROBICS	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-1PM VINYASA YOGA (HEATED)	YOGA SCULPT (HEATED) LAUREN (sub)	5PM-5:45PM () BREATHE + RESTORE KATHLEEN	12PM-12:30PM () BEGINNER PILATES NIKI (sub)	GUIDED MEDITATION SHANDA 12PM-1PM	MICHELE (sub)  11AM-12:15PM FEEL GOOD FLOW (HEATED)	10:30AM-11AM () HIIT EXPRESS: LOWER BODY ARIELLE
MARK 5PM-5:50PM RESTORATIVE YOGA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	5:30PM-6:30PM WATER AEROBICS MICHELE	12PM-12:45PM 🔥 HIIT (HEATED)	DANCE MEDICINE SHANDA 12PM-1PM	OLIVIA 11:30AM-12:30PM REIKI TUNEUP +	11AM-11:30AM () HIIT EXPRESS: UPPER BODY + ABS
(HEATED) KIM	6:15PM-7:15PM MAT PILATES	6PM-7PM	TINO 6PM-7PM	VINYASA YOGA MARK	GUIDED MEDITATION SKY	ARIELLE 11:15AM-12:30PM SUNDAY YOGA
5:30PM-6:30PM PRENATAL PILATES	MARIBETH 6:15PM-7:15PM	YOGA (HEATED) KATHLEEN	SLOW VIBE VINYASA (HEATED) ZACH	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF	12:45PM-1:45PM YOGA RESET JESS	RITUAL BROOKE (sub)
5:30PM-6:30PM 0 WATER AEROBICS MICHELLE (sub)	CANDLELIT FLOW YOGA KAITLYN	6PM-7PM NEW MOON SOUND BATH CAROLINE CHIESA	6PM-7PM EMBODY NIKI	5:30PM-6:45PM GROUNDING YOGA + FLOATING SOUND BATH		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA KIM			6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	CAROLINE CHIESA  7PM-8:15PM  GROUNDING YOGA + FLOATING SOUND		12PM-1PM Qo WATER AEROBICS HOLLY
6PM-7PM 🔥				BATH CAROLINE CHIESA	🔥 Heated Class	* Dance Class

ree Community Aqua Class

SDYPE Weekly Class Schedule

### OCTOBER 2024

Spyre	VVCCKIY CIA	iss schedule			DLI	2024
MONDAY 10/7	TUESDAY 10/8	WEDNESDAY 10/9	THURSDAY 10/10	FRIDAY 10/11	SATURDAY 10/12	SUNDAY 10/13
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 NINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM -9:30AM (*) LIFT (HEATED) NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo AQUA HIIT PATRICIA	10AM-11AM VINYASA FLOW YOGA KAITLYN	9AM-9:45AM Qo AQUA HIIT PATRICIA	8:30AM-9:30AM A HATHA FLOW (HEATED)	9:15AM-10:15AM A YOGA SCULPT (HEATED) ARIELLE
12PM-12:30PM GUIDED MEDITATION SHANDA	TARA  10:30AM-11:30AM  WATER AEROBICS	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS MICHELE	9AM-10AM VINYASA YOGA + SOUND BATH	BROOKE 10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBDOY NIKI
12PM-1PM VINYASA YOGA (HEATED) MARK	HOLLY	10AM-10:45AM AQUA HIIT PATRICIA  10:30AM-11:30AM	12PM-12:30PM BEGINNER PILATES AMANDA	9:45AM-10:45AM HIIT + YOGA COMBO	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
5PM-5:50PM RESTORATIVE YOGA (HEATED)	YOGA SCULPT (HEATED) JACQUELINE 5PM-6PM	BABY + ME PILATES AMANDA	12PM-12:45PM 🔥 HIIT (HEATED) TINO	CLASS (HEATED) MARK  10AM-10:45AM	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM () HIIT EXPRESS: LOWER BODY ARIELLE
KIM 6 5:30PM-6:30PM PRENATAL PILATES	VINYASA FLOW YOGA (HEATED) KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM SLOW VIBE VINYASA (HEATED)	PATRICIA  11:15AM-11:45AM GUIDED MEDITATION	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM () HIIT EXPRESS: UPPER BODY + ABS ARIELLE
5:30PM-6:30PM O WATER AEROBICS KRISTIN	6:15PM-7:15PM MAT PILATES MARIBETH	5PM-5:45PM OBREATHE + RESTORE KATHLEEN	ZACH 6PM-7PM EMBODY NIKI	ZACH (sub) 12PM-1PM VINYASA YOGA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
6PM-7PM AFRO BEATS SCULPT + YOGA	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5:30PM-6:30PM WATER AEROBICS MICHELE	6:15PM-7PM MEDITATION ACTIVATION ELIZABETH JASMINE	MARK 4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
KIM 6PM-7PM VINYASA YOGA (HEATED) KATHLEEN	2	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN		5:30PM-6:45PM GROUNDING YOGA + FLOATING SOUND BATH CAROLINE CHIESA		12PM-1PM ON WATER AEROBICS HOLLY  1PM-2PM YOGA NIDRA
				7PM-8:15PM GROUNDING YOGA + FLOATING SOUND BATH CAROLINE CHIESA	Heated Cla	ASHLEY ss Dance Class

SDYFE Weekly Class Schedule

KATHLEEN

### OCTOBER 2024

3P71C	VVCCRIY CIR	iss ochedule			DLI	ZUZT
MONDAY 10/14	TUESDAY 10/15	WEDNESDAY 10/16	THURSDAY 10/17	FRIDAY 10/18	SATURDAY 10/19	SUNDAY 10/20
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 KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM -9:30AM () LIFT (HEATED) NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM Qo AQUA HIIT PATRICIA	8:30AM-9:30AM A HATHA FLOW (HEATED)	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM QO AQUA HIIT PATRICIA	TARA  10:30AM-11:30AM  WATER AEROBICS	9AM-10AM MAT PILATES AMANDA 10AM-10:45AM	10AM-11AM VINYASA FLOW YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH	BROOKE 10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBDOY NIKI
10AM-10:45AM 🔑 AQUA HIIT PATRICIA	HOLLY  12PM-1PM YOGA SCULPT	AQUA HIIT PATRICIA 10:30AM-11:30AM	10:30AM-11:30AM WATER AEROBICS MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO	10:30AM-11:30AM WATER AEROBICS MICHELE	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-12:30PM GUIDED MEDITATION SHANDA	(HEATED)  JACQUELINE  5PM-6PM	BABY + ME PILATES AMANDA	12PM-12:30PM () BEGINNER PILATES AMANDA	CLASS (HEATED)  MARK  10AM-10:45AM	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM () HIIT EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	VINYASA FLOW YOGA (HEATED) KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	12PM-12:45PM 🔥 HIIT (HEATED) TINO	PATRICIA 11:15AM-11:45AM GUIDED	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM () HIIT EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	5:30PM-7PM THE VILLAGE PARENTING SERIES KARIN SANDSTRAND	5PM-5:45PM (S) BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED) AMINA (sub)	MEDITATION SHANDA 12PM-1PM DANCE MEDICINE SHANDA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM MAT PILATES MARIBETH	5:30PM-6:30PM WATER AEROBICS MICHELE	6:15PM-7PM MEDITATION ACTIVATION	12PM-1PM VINYASA YOGA MARK		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM O WATER AEROBICS KRISTIN	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	ELIZABETH JASMINE	4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		12PM-1:30PM HERBAL MEDICINE + MEDITATION MELANIE HARDY
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		6PM-7:15PM FULL MOON REIKI + CACAO INFUSED GUIDED MEDITATION			A Heated Cla	12PM-1PM % WATER AEROBICS HOLLY  SS ** Dance Class
6PM-7PM VINYASA YOGA (HEATED)		SKY			30 Minute C	

Spyre Weekly Class Schedule

6PM-7PM VINYASA YOGA (HEATED) KATHLEEN

## OCTOBER 2024

MONDAY 10/21	TUESDAY 10/22	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25	SATURDAY 10/26	SUNDAY 10/27
8:15AM-9:15AM QI GONG (FREE) SCOTT	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JESS (sub)	8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM 🔥 YOGA SCULPT (HEATED) CHELSEA	8:15AM-9:15AM THE WORKOUT WITHIN KATIE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.
8:30AM -9:30AM () LIFT (HEATED) NIKI	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo AQUA HIIT PATRICIA 9AM-10AM	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM QO AQUA HIIT PATRICIA	8:30AM-9:30AM A HATHA FLOW (HEATED)	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM QO AQUA HIIT PATRICIA	10:30AM-11:30AM	MAT PILATES AMANDA  10AM-10:45AM	10AM-11AM VINYASA FLOW YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH	BROOKE 10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBDOY NIKI
10AM-10:45AM Qo AQUA HIIT PATRICIA	HOLLY	AQUA HIIT PATRICIA 10:30AM-11:30AM	10:30AM-11:30AM WATER AEROBICS MICHELE	CAROLINE  9:45AM-10:45AM HIIT + YOGA COMBO	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM MORNING MEDITATION JACQUELINE N.
12PM-12:30PM GUIDED MEDITATION SHANDA	YOGA SCULPT (HEATED) JACQUELINE	BABY + ME PILATES AMANDA	12PM-12:30PM () BEGINNER PILATES	10AM-10:45AM 🔾	11AM-12:15PM FEEL GOOD FLOW (HEATED)	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	AMANDA  12PM-12:45PM ( HIIT (HEATED)  TINO	AQUA HIIT PATRICIA 11:15AM-11:45AM GUIDED	OLIVIA 11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION	11AM-11:30AM () HIIT EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:50PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	5PM-5:45PM (S) BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBE VINYASA (HEATED)	MEDITATION SHANDA 12PM-1PM DANCE MEDICINE SHANDA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL PILATES	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	5:30PM-6:30PM WATER AEROBICS MICHELE	ZACH 6PM-7PM EMBODY NIKI	12PM-1PM VINYASA YOGA MARK		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM 00 WATER AEROBICS KRISTIN	2	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6:15PM-7PM MEDITATION ACTIVATION	4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		12PM-1PM ON WATER AEROBICS MICHELE 1PM-2PM
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		6PM-7PM TAI CHI FOUNDATIONS HUZEFA	ELIZABETH JASMINE		& Heate	YOGA NIDRA ASHLEY  ed Class  Dance Clas

spyre	Weekly Cla	ass Schedule	NO	OVEN	1BER	2024	
MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2	SUNDAY 11/3	
8:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) GENERAL STAFF	8:30AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH JACQUELINE N.	
9AM-9:45AM 🔷 AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM AQUA HIIT PATRICIA 9AM-10AM	8:30AM-9:30AM A VINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED) CHELSEA	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE	
10AM-10:45AM 🔷 AQUA HIIT PATRICIA	10:30AM-11:30AM	MAT PILATES AMANDA  10AM-10:45AM	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM O AQUA HIIT PATRICIA	10:30AM-11:30AM-WATER AEROBICS MAYA	10AM-11AM EMBDOY NIKI	
12PM-12:30PM GUIDED MEDITATION SHANDA	WATER AEROBICS HOLLY	AQUA HIIT PATRICIA	KATIE 10AM-11AM VINYASA FLOW YOGA	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	11AM-12:15PM FEEL GOOD FLOW (HEATED)	10AM-10:30AM MORNING MEDITATION JACQUELINE N.	
12PM-1PM VINYASA YOGA (HEATED)	YOGA SCULPT (HEATED) JACQUELINE  5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN  6:15PM-7:15PM MAT PILATES MARIBETH  6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	(HEATED) ACQUELINE  SPM-6PM NYASA FLOW GA (HEATED)  BABY + ME PILATES AMANDA 12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	ATES KAITLYN  10:30AM-11:30AM  WATER AEROBICS	9:30AM-10:30AM KUNDALINI AMY	OLIVIA 11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION	10:30AM-11AM (\) TRAIIN: LOWER BODY ARIELLE	
5PM-5:50PM RESTORATIVE YOGA (HEATED)			MICHELE  12PM-12:30PM  BEGINNER PILATES  AMANDA	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	SKY 12:45PM-1:45PM YOGA RESET JESS	11AM-11:30AM () TRAIIN: UPPER BODY + ABS ARIELLE	
5:30PM-6:30PM PRENATAL PILATES		MAT PILATES MARIBETH  6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN  KATHLEEN  5:30PM-7PM FALL RESET BREATHWORK KATHLEEN CURRIE 5:30PM-6:30PM	MARIBETH KATHLEEN  5:30PM-7PM	12PM-12:45PM 🔥 TRAIIN (HEATED) MORGAN (sub)	10AM-10:45AM Q AQUA HIIT PATRICIA		11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
AMANDA 5:30PM-6:30PM O WATER AEROBICS KRISTIN			6PM-7PM SLOW VIBE VINYASA (HEATED) ZACH	11:15AM-11:45AM GUIDED MEDITATION SHANDA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE *	
6PM-7PM AFRO BEATS SCULPT		WATER AEROBICS MICHELE  6PM-7PM	6PM-7PM EMBODY NIKI	12PM-1PM  DANCE MEDICINE  SHANDA		12PM-1PM ON WATER AEROBICS HOLLY	
+ YOGA KIM 6PM-7PM		CANDLELIT FLOW YOGA (HEATED) KATHLEEN	6:15PM-7PM SACRED JOURNEY: A GUIDED MEDITATION	12PM-1PM VINYASA YOGA MARK		1PM-2PM VIBEY VINYASA (HEATED)	
VINYASA YOGA (HEATED) KATHLEEN			JACQUELINE N.	4:30PM-5:30PM \$8 COMMUNITY YOGA KAITLYN	<b>♦</b> Hea	ZACH ted Class Dance Class	

6PM-7PM NEW MOON SOUND BATH

JACQUELINE N.

New Class

Event/Workshop