spyre	Weekly Cla	ss Schedule	NO	OVEN	1BER	2024
MONDAY 11/25	TUESDAY 11/26	WEDNESDAY 11/27	THURSDAY 11/28	FRIDAY 11/29	SATURDAY 11/30	SUNDAY 12/1
8:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	9AM-10:15AM GRATITUDE DAY YOGA MARK	9AM-9:45AM OA AQUA HIIT PATRICIA	8:30AM-9:30AM A HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM () SUNDAY SOUND BATH JACQUELINE N.
9AM-9:45AM 🔷 AQUA HIIT PATRICIA	8:15AM-9:30AM A POWER FLOW YOGA (HEATED)	8:30AM-9:30AM THERAPEUTIC YOGA JENN	FOR	9AM-10AM VINYASA YOGA + SOUND BATH KARINA (sub)	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
10AM-10:45AM 🔷 AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM O AQUA HIIT PATRICIA	CLOSED	9:45AM-10:45AM N HIIT + YOGA COMBO CLASS (HEATED) MARK	10:30AM-11:30AM WATER AEROBICS MICHELE (sub)	10AM-11AM EMBDOY NIKI
12PM-12:30PM GUIDED MEDITATION SHANDA	TARA 10:30AM-11:30AM	9AM-10AM MAT PILATES AMANDA	FOR THANKSGIVING	10AM-10:45AM	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10AM-10:30AM () MORNING MEDITATION JACQUELINE N.
12PM-1PM A VINYASA YOGA (HEATED)	WATER AEROBICS HOLLY	10AM-10:45AM 🔷 AQUA HIIT PATRICIA		11:15AM-11:45AM GUIDED MEDITATION	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE
5PM-5:50PM RESTORATIVE YOGA (HEATED)	YOGA SCULPT (HEATED) JACQUELINE	10:30AM-11:30AM BABY + ME PILATES AMANDA 12PM-1PM	TOUS.	SHANDA  12PM-1PM  DANCE MEDICINE  SHANDA	SKY 12:45PM-1:45PM YOGA RESET IESS	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
KIM 6:30PM PRENATAL YOGA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	FEEL GOOD FLOW (HEATED) OLIVIA 4PM-5:15PM		12PM-1PM VINYASA YOGA MARK	).55	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
KARINA 5:30PM-6:30PM OO WATER AEROBICS KRISTIN	6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM	AN AFTERNOON OF GRATITUDE + SOUND JESS HUNEYCUTT + JASON MARSALIS		1		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA	CANDLELIT FLOW YOGA KAITLYN					12PM-1PM WATER AEROBICS HOLLY
KIM 6PM-7PM VINYASA YOGA (HEATED)						VIBEY VINYASA () (HEATED) ZACH
KATHLEEN		- 11			Heated  30 Minu	

spyre	Weekly Cla	ss Schedule	D	ECEN	1BER	2024
M O N D A Y 12/2	TUESDAY 12/3	WEDNESDAY 12/4	THURSDAY 12/5	FRIDAY 12/6	SATURDAY 12/7	SUNDAY 12/8
8:15AM-9:15AM <b>QI GONG (FREE)</b> SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> TINO	8:30AM-9:30AM <b>()</b> HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM () SUNDAY SOUND BATH JACQUELINE N.
8:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	8:15AM-9:30AM 🔥 POWER FLOW YOGA (HEATED)	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM NINYASA FLOW YOGA (HEATED) KAITLYN	8:30AM-9:30AM 🔥 YOGA SCULPT (HEATED) CHELSEA	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM QO AQUA HIIT PATRICIA	KATHLEEN 9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo <b>AQUA HIIT</b> PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM Qo AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-11AM EMBODY NIKI
10AM-10:45AM 🔷 AQUA HIIT PATRICIA	GISELLE (sub)	9AM-10AM MAT PILATES JESS (sub)	KATIE 10AM-11AM VINYASA FLOW YOGA	9:45AM-10:45AM A HIIT + YOGA COMBO CLASS (HEATED) MARK	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10AM-10:30AM () MORNING MEDITATION JACQUELINE N.
12PM-12:30PM O GUIDED MEDITATION SHANDA	WATER AEROBICS HOLLY  12PM-1PM	10AM-10:45AM Qo AQUA HIIT PATRICIA	KAITLYN  10:30AM-11:30AM  WATER AEROBICS	10AM-10:45AM O AQUA HIIT PATRICIA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED)  MARK	YOGA SCULPT (HEATED) JACQUELINE	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	MICHELE  12PM-12:30PM  BEGINNER PILATES  AMANDA	11:15AM-11:45AM GUIDED MEDITATION SHANDA	SKY 12:45PM-1:45PM YOGA RESET JESS	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:45PM RESTORATIVE YOGA (HEATED)	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	5PM-5:45PM BREATHE + RESTORE KARINA (sub)	12PM-1PM YOGA SCULPT (HEATED)	12PM-1PM  DANCE MEDICINE  SHANDA		11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
JESS (sub) 5:30PM-6:30PM PRENATAL YOGA	6:15PM-7:15PM <b>MAT PILATES</b> MARIBETH	5:30PM-6:30PM WATER AEROBICS MICHELE	CHELSEA  6PM-7PM SLOW VIBEY VINYASA (HEATED)	12PM-1PM VINYASA YOGA MARK 4:30PM-5:30PM		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM OO WATER AEROBICS KRISTIN	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	6PM-7PM CANDLELIT FLOW YOGA (HEATED) KARINA (sub)	ZACH 6PM-7PM EMBODY NIKI	\$8 COMMUNITY YOGA TALIA 6PM-7PM FLOATING		12PM-1PM WATER AEROBICS MICHELE (sub)
6PM-7PM VINYASA YOGA (HEATED)		6PM-7PM NEW MOON SOUND BATH CAROLINE	6:15PM-6:45PM SACRED JOURNEY: A GUIDED MEDITATION	100		1PM-2PM VIBEY VINYASA (HEATED) ZACH
KATHLEEN			JACQUELINE N.	Heated Class  30 Minute Class	Dance Class     New Class	1PM-2PM <b>YOGA NIDRA</b> ASHLEY

spyre Weekly Class Schedule TUESDAY WEDNESDAY MONDAY

**KATHLEEN** 

## DECEMBER 2024

THURSDAY SATURDAY FRIDAY 7:15AM-8AM 7:15AM-8AM 7:15AM-8AM 7:15AM-8AM 8:30AM-9:30AM // 8:15AM-9:15AM **PULSE + TONE** PULSE + TONE TRAIIN TRAIIN (HEATED) HATHA FLOW QI GONG (FREE) (HEATED) (HEATED) (HEATED) TINO (HEATED) SCOTT MORGAN JULIE MORGAN **BROOKE** 8:30AM-9:30AM 8:30AM-9:30AM 8:30AM -9:30AM ( 10AM-11:15AM 8:15AM-9:30AM 8:30AM-9:30AM YOGA SCULPT **VINYASA FLOW** LIFT (HEATED) **ROGUE YOGA** THERAPEUTIC YOGA **POWER FLOW** (HEATED) YOGA (HEATED) NIKI IESS IENN YOGA (HEATED) **CHELSEA** KAITI YN **KATHLEEN** 11AM-12:15PM 9AM-9:45AM 9AM-9:45AM 9AM-9:45AM 9:45AM-10:45AM FEEL GOOD FLOW **AOUA HIIT** 9:30AM-10:30AM **AQUA HIIT AQUA HIIT** THE WORKOUT (HEATED) **PATRICIA** VINYASA + **PATRICIA PATRICIA** WITHIN **OLIVIA ASHTANGA YOGA** KATIE 9AM-10AM 9AM-10AM 11:30AM-12:30PM 10AM-10:45AM GISELLE (sub) 10AM-11AM VINYASA YOGA + MAT PILATES **REIKI TUNEUP + AQUA HIIT VINYASA FLOW** SOUND BATH **AMANDA** 12PM-1PM **GUIDED MEDITATION PATRICIA** YOGA CAROLINE YOGA SCULPT SKY 10AM-10:45AM KAITLYN 12PM-12:30PM (HEATED) 9:45AM-10:45AM **AQUA HIIT** 12:45PM-1:45PM **GUIDED MEDITATION JACQUELINE** 10:30AM-11:30AM HIIT + YOGA COMBO **PATRICIA** YOGA RESET WATER AEROBICS SHANDA CLASS (HEATED) **IESS** 5PM-6PM 10:30AM-11:30AM MICHELE MARK **VINYASA FLOW** 12PM-1PM **BABY + ME PILATES** 12PM-12:30PM YOGA (HEATED) 10AM-10:45AM VINYASA YOGA **AMANDA BEGINNER PILATES** KAITLYN **AQUA HIIT** (HEATED) 12PM-1PM AMANDA **PATRICIA** MARK FEEL GOOD FLOW 6:15PM-7:15PM (HEATED) 12PM-1PM 11:15AM-11:45AM 5PM-5:45PM **MAT PILATES** OLIVIA YOGA SCULPT **GUIDED** RESTORATIVE YOGA **MARIBETH** (HEATED) **MEDITATION** (HEATED) 5PM-5:45PM 6:15PM-7:15PM CHELSEA SHANDA KIM BREATHE + RESTORE **CANDLELIT FLOW** 12PM-1PM 5:30PM-6:30PM 6PM-7PM **KATHLEEN** YOGA DANCE MEDICINE SLOW VIBEY **PRENATAL** KAITLYN SHANDA **PILATES** VINYASA (HEATED) 5:30PM-6:30PM **AMANDA** ZACH 12PM-1PM WATER AEROBICS VINYASA YOGA **MICHELE** 6PM-7PM 5:30PM-6:30PM MARK WATER AEROBICS **EMBODY** 6PM-7PM **MICHELE** NIKI 4:30PM-5:30PM 12PM-1:30PM CANDLELIT FLOW \$8 COMMUNITY YOGA 6:15PM-6:45PM A HOLIDAY TEA PARTY: YOGA (HEATED) 6PM-7PM KAITLYN SACRED JOURNEY: A **HERBAL MEDICINE +** KATHLEEN AFRO BEATS SCULPT 6PM-7PM **MEDITATION GUIDED MEDITATION** + YOGA 6PM-7PM **FLOATING** MELANIE HARDY IACQUELINE N. KIM TAI CHI SOUND BATH **FOUNDATIONS** 6PM-7PM CAROLINE VIBEY VINYASA **HUZEFA** 6PM-7PM **VINYASA YOGA FULL MOON REIKI +** (HEATED)

SUNDAY

9:15AM-9:45AM (\) SUNDAY SOUND BATH JACQUELINE N.

> 9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE

10AM-11AM **EMBODY** NIKI

> 10AM-10:30AM MORNING MEDITATION JACQUELINE N.

> > 10:30AM-11AM TRAIIN EXPRESS: **LOWER BODY** ARIELLE

11AM-11:30AM ( TRAIIN EXPRESS: **UPPER BODY + ABS ARIELLE** 

11:15AM-12:30PM **SUNDAY YOGA RITUAL** LIVI

11:45AM-12:45PM SAMBA SWEAT + TONE DEE

12PM-1PM WATER AEROBICS KIM (sub)

CACAO MEDITATION SKY

(HEATED) ZACH

1PM-2PM

spyre	Weekly Cla	ss Schedule	D	ECEN	1BER	2024	
MONDAY 12/16	TUESDAY 12/17	WEDNESDAY 12/18	THURSDAY 12/19	FRIDAY 12/20	SATURDAY 12/21	SUNDAY 12/22	
8:15AM-9:15AM <b>QI GONG (FREE)</b> SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> HOLLY (sub)	8:30AM-9:30AM 🔥 HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM (SUNDAY SOUND BATH JACQUELINE N.	
8:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	8:15AM-9:30AM 🔥 POWER FLOW YOGA (HEATED)	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	10AM-11:15AM ROGUE YOGA JESS	9:15AM-10:15AM YOGA SCULPT (HEATED) JACQUELINE H. (sub)	
9AM-9:45AM 🔷 <b>AQUA HIIT</b> PATRICIA	KATHLEEN 9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo <b>AQUA HIIT</b> PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM Qo AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM () MORNING MEDITATION JACQUELINE N.	
10AM-10:45AM 🔷 <b>AQUA HIIT</b> PATRICIA	GISELLE (sub) 10:30AM-11:30AM	9AM-10AM MAT PILATES AMANDA	KATIE 10AM-11AM VINYASA FLOW YOGA	9AM-10AM <b>VINYASA YOGA +</b> <b>SOUND BATH</b> CAROLINE	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM ( TRAIIN EXPRESS: LOWER BODY HOLLY (sub)	
12PM-12:30PM () GUIDED MEDITATION SHANDA	WATER AEROBICS HOLLY  12PM-1PM YOGA SCULPT	10AM-10:45AM QO AQUA HIIT PATRICIA  10:30AM-11:30AM	AQUA HIIT PATRICIA	KAITLYN  10:30AM-11:30AM  WATER AEROBICS  MICHELE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS HOLLY (sub)
12PM-1PM VINYASA YOGA (HEATED)  MARK	(HEATED) JACQUELINE 5PM-6PM	BABY + ME PILATES AMANDA  12PM-1PM FEEL GOOD FLOW	12PM-12:30PM U BEGINNER PILATES AMANDA	10AM-10:45AM AQUA HIIT PATRICIA	12:45PM-1:45PM <b>YOGA RESET</b> JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI	
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	VINYASA FLOW YOGA (HEATED) KAITLYN 6:15PM-7:15PM	(HEATED) OLIVIA 5PM-5:45PM BREATHE + RESTORE	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	11:15AM-11:45AM GUIDED MEDITATION EMELIE (sub)	2:30PM-4PM WINTER'S EMBRACE: SOLSTICE MOVEMENT	11:45AM-12:45PM SAMBA SWEAT + TONE DEE	
5:30PM-6:30PM PRENATAL PILATES AMANDA	MAT PILATES MARIBETH 6:15PM-7:15PM	KATHLEEN  5:30PM-6:30PM  WATER AEROBICS	SLOW VIBEY VINYASA (HEATED)	4:30PM-5:30PM <b>\$8 COMMUNITY</b> <b>YOGA</b> TALIA	COMMUNITY YOGA	12PM-1PM WATER AEROBICS HOLLY 1PM-2PM	
5:30PM-6:30PM ON WATER AEROBICS HOLLY (sub)	CANDLELIT FLOW YOGA KAITLYN	MICHELE  6PM-7PM  CANDLELIT FLOW	6:15PM-6:45PM SACRED JOURNEY: A GUIDED MEDITATION JACQUELINE N.			VIBEY VINYASA (HEATED) TALIA (sub)	
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		YOGA (HEATED) KATHLEEN 5:45PM-7PM CIRCLE OF BLISS:	JACQUELINE IN.		A Usawa	1PM-2PM YOGA NIDRA ASHLEY  Class ** Dance Class	
6PM-7PM 🔥 VINYASA YOGA		A TRANSFORMATIVE SOUND HEALING			Heated 30 Minu		

**JOURNEY** ASSATA JONES

(HEATED) KATHLEEN

DECEMBER 2024 spyre Weekly Class Schedule TUESDAY WEDNESDAY THURSDAY SATURDAY MONDAY FRIDAY SUNDAY 12/26 7:15AM-8AM 7:15AM-8AM 7:15AM-8AM 8:30AM-9:30AM // 8:15AM-9:15AM 9:15AM-9:45AM (\) **PULSE + TONE PULSE + TONE** TRAIIN (HEATED) HATHA FLOW QI GONG (FREE) SUNDAY SOUND BATH (HEATED) (HEATED) EMELIE (sub) (HEATED) SCOTT JACQUELINE N. MORGAN MORGAN **BROOKE** 8:30AM-9:30AM 9:15AM-10:15AM 8:30AM -9:30AM ( 8:30AM-9:30AM 10AM-11:15AM 8:15AM-9:30AM YOGA SCULPT YOGA SCULPT VINYASA FLOW LIFT (HEATED) **ROGUE YOGA POWER FLOW** (HEATED) (HEATED) YOGA (HEATED) NIKI **IESS** YOGA (HEATED) ZACH (sub) JENN (sub) EMELIE (sub) **KATHLEEN** 9AM-9:45AM 10AM-11AM 9AM-9:45AM 10:30AM-11:30AM 9:45AM-10:45AM **EMBODY AQUA HIIT** 9:30AM-10:30AM **AQUA HIIT** WATER AEROBICS THE WORKOUT CLOSED **PATRICIA** NIKI VINYASA + MAYA **PATRICIA** WITHIN ASHTANGA YOGA KATIE 9AM-10AM 10AM-10:30AM 11AM-12:15PM WISHING YOU 10AM-10:45AM TARA 10AM-11AM MORNING MEDITATION VINYASA YOGA + FEEL GOOD FLOW **AQUA HIIT** AHAPPY **VINYASA FLOW** SOUND BATH JACQUELINE N. (HEATED) **PATRICIA** 10:30AM-11:30AM YOGA JESS (sub) HOUDAY **OLIVIA** 10:30AM-11AM WATER AEROBICS EMELIE (sub) 12PM-12:30PM 9:45AM-10:45AM 11:30AM-12:30PM TRAIIN EXPRESS: MICHELLE (sub) 10:30AM-11:30AM **GUIDED MEDITATION** HIIT + YOGA COMBO **REIKI TUNEUP + LOWER BODY** WATER AEROBICS EMELIE (sub) CLASS (HEATED) **GUIDED MEDITATION** HOLLY (sub) 12PM-1PM MICHELE MARK SKY YOGA SCULPT 11AM-11:30AM ( 12PM-1PM 12PM-12:30PM (HEATED) TRAIIN EXPRESS: 12:45PM-1:45PM 10AM-10:45AM **VINYASA YOGA IACQUELINE** UPPER BODY + ABS **BEGINNER PILATES** YOGA RESET **AQUA HIIT** (HEATED) HOLLY (sub) **AMANDA IESS MARK PATRICIA** 11:15AM-12:30PM 12PM-1PM 11:15AM-11:45AM 5PM-5:45PM SUNDAY YOGA YOGA SCULPT **GUIDED** RESTORATIVE YOGA **RITUAL** (HEATED) **MEDITATION** (HEATED) ZACH (sub) CHELSEA SHANDA JENN (sub) 11:45AM-12:45PM 12PM-1PM 5:30PM-6:30PM 6PM-7PM SAMBA SWEAT + DANCE MEDICINE SLOW VIBEY **PRENATAL** TONE SHANDA VINYASA (HEATED) **PILATES** DEE **AMANDA** ZACH 12PM-1PM 12PM-1PM VINYASA YOGA 6PM-7PM 5:30PM-6:30PM WATER AEROBICS MARK WATER AEROBICS **EMBODY** HOLLY NIKI 4:30PM-5:30PM **MICHELLE** 1PM-2PM \$8 COMMUNITY YOGA 6:15PM-6:45PM VIBEY VINYASA 6PM-7PM **EMELIE** SACRED JOURNEY: A VINYASA YOGA (HEATED) **GUIDED MEDITATION** 

JACQUELINE N.

(HEATED)

**KATHLEEN** 

Free Community Class

Heated Class

(1) 30 Minute Class



Dance Class

ZACH

