SPYCE Weekly Class Schedule

JANUARY 2025

MONDAY 1/27	TUESDAY 1/28	WEDNESDAY 1/29	THURSDAY 1/30	FRIDAY 1/31	SATURDAY 2/1	SUNDAY 2/2
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) TINO 8:30AM-9:30AM	8:15AM-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 VINYASA FLOW YOGA KAITLYN	YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM A PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM QA AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM Qo AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
10AM-10:45AM 🔷 AQUA HIIT PATRICIA	TARA 12PM-1PM	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM- WATER AEROBICS MAYA	10AM-10:30AM () MORNING MEDITATION JACQUELINE
12PM-12:30PM () GUIDED MEDITATION SHANDA	YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM Qo AQUA HIIT PATRICIA	KAITLYN 12PM-12:30PM BEGINNER PILATES	9:45AM-10:45AM A HIIT + YOGA COMBO CLASS (HEATED)	11AM-12:15PM FEEL GOOD FLOW (HEATED)	10:30AM-11AM () TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	11:15AM-11:45AM GUIDED MEDITATION SHANDA 12PM-1PM	12PM-1PM YOGA SCULPT	MARK 10AM-10:45AM AQUA HIIT PATRICIA	OLIVIA 11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM (TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:45PM RESTORATIVE YOGA (HEATED)	6:15PM-7:15PM MAT PILATES MARIBETH	FEEL GOOD FLOW (HEATED) OLIVIA 5PM-5:45PM	(HEATED) CHELSEA 6PM-7PM SLOW VIBEY	11:15AM-11:45AM GUIDED MEDITATION	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL YOGA	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	BREATHE + RESTORE KATHLEEN 5PM-5:45PM PULSE + TONE	ZACH 6PM-7PM EMBODY	SHANDA O 12PM-1PM DANCE MEDICINE SHANDA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT	2	(HEATED) ARMANDE	NIKI	12PM-1PM VINYASA YOGA MARK		12PM-1PM () WATER AEROBICS TAYLOR
+ YOGA KIM 6PM-7PM		CANDLELIT FLOW YOGA (HEATED) KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		1PM-2PM VIBEY VINYASA (HEATED)
VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM LUNAR NEW YEAR: NEW MOON SOUND BATH CAROLINE		Heated Class 30 Minute Class	Dance Class New Class Agua Class	ZACH 1PM-2PM YOGA NIDRA ASHLEY

spyre	Weekly Cla	ss Schedule	F	EBRU	JARY	2025				
MONDAY 2/3	TUESDAY 2/4	WEDNESDAY 2/5	THURSDAY 2/6	FRIDAY 2/7	SATURDAY 2/8	SUNDAY 2/9				
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	CLOSED TILL	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) TINO 8:30AM-9:30AM	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE				
8:30AM -9:30AM () LIFT (HEATED) NIKI	8:15AM-9:30AM 🔥 POWER FLOW YOGA (HEATED)	11AM FOR PRIVATE EVENT	8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM A PULSE + TONE (HEATED) ARMANDE	10AM-11AM EMBODY NIKI				
9AM-9:45AM Q AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA +	11:15AM-11:45AM	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM 💪 AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-10:30AM () MORNING MEDITATION EMELIE (sub)				
10AM-10:45AM QO AQUA HIIT PATRICIA	12PM-1PM	SHANDA 12PM-1PM FEEL GOOD FLOW	10AM-11AM VINYASA FLOW YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS MAYA	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE				
12PM-12:30PM O GUIDED MEDITATION SHANDA	YOGA SCULPT (HEATED) JACQUELINE	(HEATED) AMINA (sub) 5PM-5:45PM	KAITLYN 12PM-12:30PM BEGINNER PILATES	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) AMINA (sub)	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE				
12PM-1PM VINYASA YOGA (HEATED) MARK	SPM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN 6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN BREATHE + RESTORE KATHLEEN 5PM-5:45PM PULSE + TONE (HEATED) ARMANDE S:30PM-7PM INTRO TO BREATHWORK WORKSHOP DEHAN 6PM-7PM CANDLE IT FLOW OF A	BREATHE + RESTORE KATHLEEN 5PM-5:45PM	BREATHE + RESTORE KATHLEEN 5PM-5:45PM PULSE + TONE (HEATED) ARMANDE 5:30PM-7PM INTRO TO BREATHWORK WORKSHOP DEHAN 6PM-7PM	BREATHE + RESTORE KATHLEEN SA (HEATED) KAITLYN 5PM-5:45PM PULSE + TONE (HEATED) ARMANDE MARIBETH 5:30PM-7PM INTRO TO	12PM-1PM YOGA SCULPT (HEATED)	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI		
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM		MAT PILATES			ATES ARMANDE TH 5:30PM-7PM INTRO TO	MAT PILATES MARIBETH 6:15PM-7:15PM ARMANDE 5:30PM-7PM INTRO TO	PILATES ARMANDE ARIBETH 5:30PM-7PM INTRO TO	6PM-7PM ASLOW VIBEY VINYASA (HEATED)	10AM-10:45AM 00 AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET JESS
5:30PM-6:30PM PRENATAL YOGA KARINA		PREATHWORK WORKSHOP DEHAN 6PM-7PM		ZACH 6PM-7PM EMBODY NIKI	11:15AM-11:45AM GUIDED MEDITATION SHANDA	2:30PM-4PM WHERE THE HEART IS: YOGA WORKSHOP BROOKE	12PM-1PM OA WATER AEROBICS TAYLOR			
6PM-7PM AFRO BEATS SCULPT + YOGA		CANDLELIT FLOW YOGA (HEATED) KATHLEEN 6PM-7PM	NIKI	12PM-1PM DANCE MEDICINE SHANDA		1PM-2PM VIBEY VINYASA (HEATED) ZACH				
KIM 6PM-7PM VINYASA YOGA		TAI CHI FOUNDATIONS (FREE) HUZEFA		12PM-1PM VINYASA YOGA ZACH (sub) 4:30PM-5:30PM		1PM-2PM INRHYTHM EMELIE				
(HEATED) KATHLEEN				\$8 COMMUNITY YOGA KAITLYN	Heated Class (§ 30 Minute Class					

Event/Workshop

spyre	Weekly Cla	ss Schedule	F	EBRU	JARY	2025
MONDAY 2/10	TUESDAY 2/11	WEDNESDAY 2/12	THURSDAY 2/13	FRIDAY 2/14	SATURDAY 2/15	SUNDAY 2/16
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) TINO 8:30AM-9:30AM	8:15AM-9:30AM 🔥 HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH KIM (sub)
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 VINYASA FLOW YOGA KAITLYN	YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM A PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM QA AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM Qo AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
10AM-10:45AM 🔷 AQUA HIIT PATRICIA	GISELLE (sub) 12PM-1PM YOGA SCULPT	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	MAYA	10AM-10:30AM () MORNING MEDITATION KIM (sub)
12PM-12:30PM () GUIDED MEDITATION SHANDA	(HEATED) JACQUELINE 5PM-6PM	10AM-10:45AM Qo AQUA HIIT PATRICIA 11:15AM-11:45AM	12PM-12:30PM SEGINNER PILATES	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM () TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM A VINYASA YOGA (HEATED) NIKI (sub)	VINYASA FLOW YOGA (HEATED) KAITLYN 6:15PM-7:15PM	GUIDED MEDITATION ZACH (sub) 12PM-1PM FEEL GOOD FLOW	12PM-1PM YOGA SCULPT (HEATED)	9:45AM-10:45AM A HIIT + YOGA COMBO CLASS (HEATED) KARINA (sub)	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	MAT PILATES MARIBETH 6PM-7:15PM	(HEATED) AMINA (sub) 5PM-5:45PM	6PM-7PM ASLOW VIBEY VINYASA (HEATED)	10AM-10:45AM 0 AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL YOGA KARINA	FULL MOON REIKI + CACAO CEREMONY SKY	BREATHE + RESTORE KATHLEEN 5PM-5:45PM PULSE + TONE	ZACH 6PM-7PM EMBODY NIKI	11:15AM-11:45AM GUIDED MEDITATION ZACH (sub)		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA		(HEATED) ARMANDE 6PM-7PM CANDLELIT FLOW		12PM-1PM DANCE MEDICINE SHANDA		12PM-1PM Qo WATER AEROBICS TAYLOR
KIM 6PM-7PM VINYASA YOGA		YOGA (HEATED) KATHLEEN		12PM-1PM VINYASA YOGA ZACH (sub) 4:30PM-5:30PM		1PM-2PM VIBEY VINYASA (HEATED) ZACH
(HEATED) KATHLEEN	Heated Class 30 Minute Class	Dance Class New Class		\$8 COMMUNITY YOGA GENERAL		1PM-2PM YOGA NIDRA

ASHLEY

SPYRE Weekly Class Schedule

FEBRUARY 2025

Class

MONDAY 2/17	TUESDAY 2/18	WEDNESDAY 2/19	THURSDAY 2/20	FRIDAY 2/21	SATURDAY 2/22	SUNDAY 2/23
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) JULIE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) TINO	9.	××*
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 VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	\$\\ \dots	
9AM-9:45AM QA AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM Qo AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM Qo AQUA HIIT PATRICIA	CLOSED FOR	+ CLOSED FOR +
10AM-10:45AM QO AQUA HIIT PATRICIA	GISELLE (sub) 12PM-1PM YOGA SCULPT	9AM-10AM MAT PILATES AMANDA 10AM-10:45AM	VINYASA FLOW YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	MARDI GRAS	MARDI GRAS
12PM-12:30PM () GUIDED MEDITATION SHANDA	(HEATED) JACQUELINE 5PM-6PM	AQUA HIIT PATRICIA 11:15AM-11:45AM	12PM-12:30PM () BEGINNER PILATES AMANDA	9:30AM-10:30AM RISE WITHIN YOGA AMY	+ \(\dagger \)	+/\^*
12PM-1PM VINYASA YOGA (HEATED) OLIVIA (sub)	VINYASA FLOW YOGA (HEATED) KAITLYN	GUIDED MEDITATION ZACH (sub) 12PM-1PM FEEL GOOD FLOW	12PM-1PM YOGA SCULPT (HEATED)	9:45AM-10:45AM A HIIT + YOGA COMBO CLASS (HEATED) KARINA (sub)	+ \ +	+
5PM-5:45PM RESTORATIVE YOGA (HEATED)	6:15PM-7:15PM MAT PILATES ARMANDE (sub)	(HEATED) OLIVIA 5PM-5:45PM	CHELSEA 6PM-7PM SLOW VIBEY	10AM-10:45AM 🔷 AQUA HIIT PATRICIA		
5:30PM-6:30PM PRENATAL YOGA	6:15-7:15PM CANDLELIT FLOW YOGA KAITLYN	BREATHE + RESTORE KATHLEEN 5PM-5:45PM	ZACH 6PM-7PM EMBODY	11:15AM-11:45AM GUIDED MEDITATION ZACH (sub)		
KARINA 6PM-7PM AFRO BEATS SCULPT	1	PULSE + TONE (HEATED) OLIVIA (sub) 6PM-7PM	NIKI	ZACH (sub) U 12PM-1PM DANCE MEDICINE SHANDA		
+ YOGA KIM 6PM-7PM VINYASA YOGA		CANDLELIT FLOW YOGA (HEATED) KATHLEEN		12PM-1PM VINYASA YOGA ZACH (sub)	★ Heated Class	★ Dance Class
(HEATED) KATHLEEN				CLOSING EARLY AT 5PM	③ 30 Minute Clas	s New Class
				AT 5PM	Free Community	Aqua Class

Spyre Weekly Class Schedule

FEBRUARY 2025

Class

Event/Workshop

TUESDAY WEDNESDAY FRIDAY SATURDAY MONDAY THURSDAY SUNDAY 7:15AM-8AM 7:15AM-8AM 7:15AM-8AM 7:15AM-8AM 8:15AM-9:15AM PULSE + TONE PULSE + TONE TRAIIN TRAIIN (HEATED) QI GONG (FREE) (HEATED) (HEATED) (HEATED) TINO SCOTT MORGAN JULIE MORGAN 8:30AM-9:30AM 8:30AM -9:30AM 8:30AM-9:30AM 8:30AM-9:30AM 8:15AM-9:30AM YOGA SCULPT LIFT (HEATED) VINYASA FLOW THERAPEUTIC YOGA POWER FLOW (HEATED) NIKI YOGA **JENN** YOGA (HEATED) KARINA (sub) KAITLYN KATHLEEN 9AM-9:45AM 9AM-9:45AM 9AM-9:45AM 9:45AM-10:45AM CLOSED CLOSED 9:30AM-10:30AM **AQUA HIIT AQUA HIIT AQUA HIIT** THE WORKOUT FOR **PATRICIA PATRICIA** VINYASA + **PATRICIA** FOR WITHIN **ASHTANGA YOGA** KATIE MARDI 9AM-10AM MARDI 9AM-10AM 10AM-10:45AM GISELLE (sub) 10AM-11AM VINYASA YOGA + MAT PILATES **GRAS AQUA HIIT GRAS** VINYASA FLOW SOUND BATH 12PM-1PM ARMANDE (sub) PATRICIA YOGA (HEATED) CAROLINE YOGA SCULPT 10AM-10:45AM KAITLYN 12PM-12:30PM() (HEATED) **AQUA HIIT** 9:30AM-10:30AM 12PM-12:30PM **GUIDED MEDITATION JACQUELINE** PATRICIA **RISE WITHIN YOGA** SHANDA **BEGINNER PILATES** AMY 5PM-6PM 11:15AM-11:45AM AMANDA VINYASA FLOW 12PM-1PM 9:45AM-10:45AM **GUIDED MEDITATION** VINYASA YOGA YOGA (HEATED) 12PM-1PM HIIT + YOGA COMBO ZACH (sub) KAITLYN (HEATED) YOGA SCULPT CLASS (HEATED) 12PM-1PM MARK (HEATED) MARK FEEL GOOD FLOW 6:15PM-7:15PM LAUREN (sub) (HEATED) 5PM-5:45PM MAT PILATES 10AM-10:45AM OLIVIA RESTORATIVE YOGA MARIBETH **AQUA HIIT** (HEATED) PATRICIA KIM 6:15-7:15PM CLOSING EARLY 11:15AM-11:45AM CANDLELIT 5:30PM-6:30PM AT 5PM CLOSING EARLY GUIDED **FLOW YOGA** PRENATAL MEDITATION AT 5PM KAITLYN YOGA ZACH (sub) KARINA 12PM-1PM 6PM-7PM VINYASA YOGA AFRO BEATS SCULPT MARK + YOGA KIM 6PM-7PM Heated Class Dance Class VINYASA YOGA **CLOSING EARLY** (HEATED) AT 5PM New Class 30 Minute Class KATHLEEN Aqua Class Free Community