

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	8:15AM-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) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA (HEATED) KAITLYN	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	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:30PM BEGINNER PILATES AMANDA	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM GUIDED MEDITATION SHANDA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM AQUA HIIT PATRICIA	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	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	11:15AM-11:45AM GUIDED MEDITATION SHANDA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL YOGA KARINA		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM EMBODY NIKI	12PM-1PM DANCE MEDICINE SHANDA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE		12PM-1PM VINYASA YOGA MARK		12PM-1PM WATER AEROBICS TAYLOR
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		1PM-2PM VIBEY VINYASA (HEATED) ZACH
		6PM-7PM LUNAR NEW YEAR: NEW MOON SOUND BATH CAROLINE				1PM-2PM YOGA NIDRA ASHLEY

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

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 11AM FOR PRIVATE EVENT	7:15AM-8AM PULSE + TONE 🔥 (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) TINO	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) KATHLEEN		8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM 🔥 YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM 🔥 PULSE + TONE (HEATED) ARMANDE	10AM-11AM EMBODY NIKI	
9AM-9:45AM 💧 AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA TARA		9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM 💧 AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-10:30AM 🕒 MORNING MEDITATION EMELIE (sub)	
10AM-10:45AM 💧 AQUA HIIT PATRICIA	12PM-1PM 🔥 YOGA SCULPT (HEATED) JACQUELINE		11:15AM-11:45AM GUIDED MEDITATION SHANDA	10AM-11AM 🔥 VINYASA FLOW YOGA (HEATED) KAITLYN	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 🕒 GUIDED MEDITATION SHANDA	5PM-6PM 🔥 VINYASA FLOW YOGA (HEATED) KAITLYN		12PM-1PM 🔥 FEEL GOOD FLOW (HEATED) AMINA (sub)	12PM-12:30PM 🕒 BEGINNER PILATES AMANDA	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	6:15PM-7:15PM MAT PILATES MARIBETH		5PM-5:45PM BREATHE + RESTORE KATHLEEN	12PM-1PM 🔥 YOGA SCULPT (HEATED) CHELSEA	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 🔥	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6PM-7PM 🔥 SLOW VIBEY VINYASA (HEATED) ZACH	10AM-10:45AM 💧 AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET JESS	11:45AM-12:45PM SAMBA SWEAT + TONE DEE ✨
5:30PM-6:30PM PRENATAL YOGA KARINA			5:30PM-7PM INTRO TO BREATHWORK WORKSHOP DEHAN	6PM-7PM EMBODY NIKI	11:15AM-11:45AM GUIDED MEDITATION SHANDA 🕒	2:30PM-4PM WHERE THE HEART IS: YOGA WORKSHOP BROOKE	12PM-1PM 💧 WATER AEROBICS TAYLOR
6PM-7PM AFRO BEATS SCULPT + YOGA KIM			6PM-7PM 🔥 CANDLELIT FLOW YOGA (HEATED) KATHLEEN		12PM-1PM ✨ DANCE MEDICINE SHANDA		1PM-2PM 🔥 VIBEY VINYASA (HEATED) ZACH
6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN			6PM-7PM TAI CHI FOUNDATIONS (FREE) HUZEFA		12PM-1PM VINYASA YOGA ZACH (sub)		1PM-2PM INRRHYTHM EMELIE
				4:30PM-5:30PM \$8 COMMUNITY YOGA KAITLYN			

- 🔥 Heated Class
- 🕒 30 Minute Class
- 🕒 Free Community Class
- 🌊 Aqua Class
- 🕒 Event/Workshop
- 🌱 New Class
- 🌟 Dance Class

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	8:15AM-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	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA GISELLE (sub)	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM MORNING MEDITATION KIM (sub)
12PM-12:30PM GUIDED MEDITATION SHANDA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:30PM BEGINNER PILATES AMANDA	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 VINYASA YOGA (HEATED) NIKI (sub)	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM GUIDED MEDITATION ZACH (sub)	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:45AM 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	6PM-7:15PM FULL MOON REIKI + CACAO CEREMONY SKY	12PM-1PM FEEL GOOD FLOW (HEATED) AMINA (sub)	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	10AM-10:45AM 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		5PM-5:45PM BREATHE + RESTORE KATHLEEN	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 KIM		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE		12PM-1PM DANCE MEDICINE SHANDA		12PM-1PM WATER AEROBICS TAYLOR
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN		12PM-1PM VINYASA YOGA ZACH (sub)		1PM-2PM VIBEY VINYASA (HEATED) ZACH
				4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL		1PM-2PM YOGA NIDRA ASHLEY

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

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	<p>CLOSED FOR MARDI GRAS</p>	<p>CLOSED FOR MARDI GRAS</p>
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	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA		
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA GISELLE (sub)	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA		
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA FLOW YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE		
12PM-12:30PM GUIDED MEDITATION SHANDA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:30PM BEGINNER PILATES AMANDA	9:30AM-10:30AM RISE WITHIN YOGA AMY		
12PM-1PM VINYASA YOGA (HEATED) OLIVIA (sub)	6:15PM-7:15PM MAT PILATES ARMANDE (sub)	11:15AM-11:45AM GUIDED MEDITATION ZACH (sub)	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) KARINA (sub)		
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	6:15-7:15PM CANDLELIT FLOW YOGA KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	10AM-10:45AM AQUA HIIT PATRICIA		
5:30PM-6:30PM PRENATAL YOGA KARINA		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM EMBODY NIKI	11:15AM-11:45AM GUIDED MEDITATION ZACH (sub)		
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		5PM-5:45PM PULSE + TONE (HEATED) OLIVIA (sub)		12PM-1PM DANCE MEDICINE SHANDA		
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN		12PM-1PM VINYASA YOGA ZACH (sub)		
					<p>CLOSING EARLY AT 5PM</p>	

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

MONDAY 2/24	TUESDAY 2/25	WEDNESDAY 2/26	THURSDAY 2/27	FRIDAY 2/28	SATURDAY 3/1	SUNDAY 3/2
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	CLOSED FOR MARDI GRAS	CLOSED FOR MARDI GRAS
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	8:30AM-9:30AM YOGA SCULPT (HEATED) KARINA (sub)		
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA GISELLE (sub)	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA		
10AM-10:45AM AQUA HIIT PATRICIA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	9AM-10AM MAT PILATES ARMANDE (sub)	10AM-11AM VINYASA FLOW YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE		
12PM-12:30PM GUIDED MEDITATION SHANDA	5PM-6PM VINYASA FLOW YOGA (HEATED) KAITLYN	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:30PM BEGINNER PILATES AMANDA	9:30AM-10:30AM RISE WITHIN YOGA AMY		
12PM-1PM VINYASA YOGA (HEATED) MARK	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM GUIDED MEDITATION ZACH (sub)	12PM-1PM YOGA SCULPT (HEATED) LAUREN (sub)	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK		
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	6:15-7:15PM CANDLELIT FLOW YOGA KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	CLOSING EARLY AT 5PM			
5:30PM-6:30PM PRENATAL YOGA KARINA	CLOSING EARLY AT 5PM		CLOSING EARLY AT 5PM			
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	CLOSING EARLY AT 5PM		CLOSING EARLY AT 5PM			
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN	CLOSING EARLY AT 5PM		CLOSING EARLY AT 5PM			

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