ANUARY 2025 spyre Weekly Class Schedule TUESDAY WEDNESDAY FRIDAY SATURDAY MONDAY THURSDAY SUNDAY 7:15AM-8AM 7:15AM-8AM 7:15AM-8AM 8:30AM-9:30AM // 9:30AM-10:45AM 9:15AM-9:45AM (\) 8:30AM -9:30AM PULSE + TONE **PULSE + TONE WELCOME TO** TRAIIN (HEATED) HATHA FLOW SUNDAY SOUND BATH LIFT (HEATED) (HEATED) (HEATED) TINO (HEATED) **2025 FLOW** JACQUELINE N. NIKI **MORGAN MORGAN** MARK **BROOKE** 8:30AM-9:30AM 9:15AM-10:15AM 8:30AM-9:30AM 9:45AM-10:30AM 9AM-9:45AM 8:15AM-9:30AM YOGA SCULPT YOGA SCULPT VINYASA FLOW **PULSE + TONE AQUA HIIT POWER FLOW** (HEATED) (HEATED) YOGA (HEATED) **PATRICIA** YOGA (HEATED) NIKI (sub) ARIELLE **KAITLYN** ARMANDE **KATHLEEN** 9AM-9:45AM 10AM-11AM 10AM-10:45AM 9:45AM-10:45AM 10AM-11:15AM **EMBODY AOUA HIIT** 9:30AM-10:30AM **AOUA HIIT** THE WORKOUT **HATHA YOGA PATRICIA** NIKI VINYASA + **PATRICIA** WITHIN AMINA (sub) ASHTANGA YOGA KATIE 9AM-10AM 10AM-10:30AM 12PM-12:30PM KATHLEEN (sub) VINYASA YOGA + 10AM-11AM 10:30AM-11:30AM MORNING MEDITATION **GUIDED MEDITATION VINYASA FLOW** WATER AEROBICS SOUND BATH JACQUELINE N. 12PM-1PM **CLOSED** SHANDA YOGA (HEATED) CAROLINE MAYA YOGA SCULPT 10:30AM-11AM KAITLYN (HEATED) 12PM-1PM 9:45AM-10:45AM 11AM-12:15PM TRAIIN EXPRESS: **WISHING YOU** 12PM-12:30PM **JACQUELINE VINYASA YOGA** HIIT + YOGA COMBO FEEL GOOD FLOW **LOWER BODY** A HAPPY NEW (HEATED) **BEGINNER PILATES** CLASS (HEATED) (HEATED) ARIELLE MARK MARK **OLIVIA** YEAR! **AMANDA** 11AM-11:30AM 12:45PM-1:45PM TRAIIN EXPRESS: 5PM-5:45PM 10AM-10:45AM 12PM-1PM YOGA RESET **UPPER BODY + ABS RESTORATIVE YOGA AQUA HIIT** YOGA SCULPT CAROLINE (sub) ARIELLE (HEATED) **PATRICIA** (HEATED) KATHLEEN (sub) 11:15AM-12:30PM EMELIE (sub) 11:15AM-11:45AM **SUNDAY YOGA** 5:30PM-6:30PM 6PM-7PM **GUIDED RITUAL PRENATAL** SLOW VIBEY **MEDITATION** LIVI **PILATES** VINYASA (HEATED) SHANDA **AMANDA** 11:45AM-12:45PM ZACH 12PM-1PM SAMBA SWEAT + 6PM-7PM DANCE MEDICINE 6PM-7PM TONE **VINYASA YOGA** SHANDA **EMBODY** DEE (HEATED) 12PM-1PM NIKI **KATHLEEN** 12PM-1PM VINYASA YOGA WATER AEROBICS MARK **TAYLOR** 4:30PM-5:30PM 1PM-2PM **\$8 COMMUNITY YOGA** VIBEY VINYASA KAITLYN (HEATED) ZACH **Heated Class** Dance Class 1PM-2PM **New Class** YOGA NIDRA (1) 30 Minute Class **ASHLEY** Agua Class Free Community Event/Workshop Class

JANUARY 2025

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	MONDAY 1/6	TUESDAY 1/7	WEDNESDAY 1/8	THURSDAY 1/9	FRIDAY 1/10	SATURDAY 1/11	S U N D A Y 1/12
	8:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	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.
1	9AM-9:45AM QO AQUA HIIT PATRICIA	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	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM A YOGA SCULPT (HEATED) ARIELLE
	10AM-10:45AM 😡 AQUA HIIT PATRICIA	BROOKE (sub) 9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM 🔷 AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
A H	12PM-12:30PM () GUIDED MEDITATION SHANDA	TARA 12PM-1PM 🔥	9AM-10AM MAT PILATES AMANDA	KATIE 10AM-11AM VINYASA FLOW YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-10:30AM (L) MORNING MEDITATION JACQUELINE N.
1	12PM-1PM VINYASA YOGA (HEATED)	YOGA SCULPT (HEATED) JACQUELINE 5PM-6PM	10AM-10:45AM Qo AQUA HIIT PATRICIA	KAITLYN 12PM-12:30PM BEGINNER 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
	MARK 5PM-5:45PM RESTORATIVE YOGA (HEATED)	VINYASA FLOW YOGA (HEATED) KAITLYN	11:15AM-11:45AM GUIDED MEDITATION SHANDA 12PM-1PM	AMANDA 12PM-1PM YOGA SCULPT (HEATED)	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED)	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
	5:30PM-6:30PM PRENATAL PILATES	6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM	FEEL GOOD FLOW (HEATED) OLIVIA 5PM-5:45PM	CHELSEA 6PM-7PM SLOW VIBEY	MARK 10AM-10:45AM AQUA HIIT PATRICIA	1PM-5PM THE YEAR OF YOU: MANIFEST + RENEW KATHLEEN +	11:15AM-12:30PM SUNDAY YOGA RITUAL ZACH (sub)
	AMANDA 6PM-7PM AFRO BEATS SCULPT + YOGA	CANDLELIT FLOW YOGA KAITLYN	BREATHE + RESTORE JESS (sub) 5PM-5:45PM PULSE + TONE	ZACH 6PM-7PM EMBODY	11:15AM-11:45AM GUIDED MEDITATION SHANDA	ASSATA	11:45AM-12:45PM SAMBA SWEAT + TONE DEE
	KIM 6PM-7PM VINYASA YOGA		(HEATED) ARMANDE 6PM-7PM	NIKI	12PM-1PM DANCE MEDICINE SHANDA		12PM-1PM Qa WATER AEROBICS TAYLOR
	(HEATED) AMINA (sub)		CANDLELIT FLOW YOGA (HEATED) KIM (sub)		12PM-1PM VINYASA YOGA MARK		1PM-2PM VIBEY VINYASA (HEATED) ZACH
	Heated Class 30 Minute Class	★ Dance ClassNew ClassAqua Class			4:30PM-5:30PM \$8 COMMUNITY YOGA LIVI 6PM-7PM		1PM-2PM INRHYTHM EMELIE
	Free Community Class	Event/Workshop			FULL MOON REIKI + CACAO MEDITATION		WE FILL

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JANUARY 2025

MONDAY 1/13	TUESDAY 1/14	WEDNESDAY 1/15	THURSDAY 1/16	FRIDAY 1/17	SATURDAY 1/18	SUNDAY 1/19
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)	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM A PULSE + TONE (HEATED) ARMANDE	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 AQUA HIIT PATRICIA	10AM-11AM VINYASA FLOW YOGA (HEATED) KAITLYN	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY NIKI
10AM-10:45AM 🔎 AQUA HIIT PATRICIA	TARA 12PM-1PM YOGA SCULPT	9AM-10AM MAT PILATES AMANDA 10AM-10:45AM	12PM-12:30PM D BEGINNER PILATES AMANDA	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS HOLLY (sub) 11AM-12:15PM	10AM-10:30AM () MORNING MEDITATION JACQUELINE N. 10:30AM-11AM ()
12PM-12:30PM GUIDED MEDITATION SHANDA	(HEATED) JACQUELINE 5PM-6PM	AQUA HIIT PATRICIA 11:15AM-11:45AM	12PM-1PM YOGA SCULPT (HEATED)	9:30AM-10:30AM RISE WITHIN YOGA AMY	FEEL GOOD FLOW (HEATED) OLIVIA	TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	VINYASA FLOW YOGA (HEATED) KAITLYN	GUIDED MEDITATION SHANDA 12PM-1PM	CHELSEA 6PM-7PM SLOW VIBEY	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 ARIELLE
5PM-5:45PM RESTORATIVE YOGA (HEATED)	6:15PM-7:15PM MAT PILATES MARIBETH	FEEL GOOD FLOW (HEATED) OLIVIA 5PM-5:45PM	VINYASA (HEATED) ZACH 6PM-7PM EMBODY	10AM-10:45AM QO AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL ZACH (sub)
KIM 5:30PM-6:30PM PRENATAL YOGA KARINA	6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	BREATHE + RESTORE KATHLEEN 5PM-5:45PM PULSE + TONE	NIKI	11:15AM-11:45AM GUIDED MEDITATION SHANDA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA		(HEATED) ARMANDE 6PM-7PM		12PM-1PM ADANCE MEDICINE SHANDA		12PM-1PM ON WATER AEROBICS TAYLOR
KIM 6PM-7PM VINYASA YOGA		CANDLELIT FLOW YOGA (HEATED) KATHLEEN 6PM-7PM		12PM-1PM VINYASA YOGA MARK 4:30PM-5:30PM		1PM-2PM VIBEY VINYASA (HEATED) ZACH
(HEATED) KATHLEEN		TAI CHI FOUNDATIONS HUZEFA		\$8 COMMUNITY YOGA AMINA	2	1PM-2PM YOGA NIDRA ASHLEY

JANUARY 2025

M O N D A Y 1 / 2 0	TUESDAY 1/21	WEDNESDAY 1/22	THURSDAY 1/23	FRIDAY 1/24	SATURDAY 1/25	S U N D A Y 1/26
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-10:15AM YOGA SCULPT (HEATED) ARIELLE
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	10AM-11AM EMBODY NIKI
9AM-9:45AM AQUA HIIT PATRICIA	BROOKE (sub) 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	45111444511	MORNING MEDITATION SHANDA (sub)
10AM-10:45AM QO AQUA HIIT PATRICIA	TARA 12PM-1PM YOGA SCULPT	9AM-10AM MAT PILATES AMANDA	KATIE 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 () GUIDED MEDITATION SHANDA	(HEATED) JACQUELINE 5PM-6PM	10AM-10:45AM Qo AQUA HIIT PATRICIA 11:15AM-11:45AM	KAITLYN 12PM-12:30PM BEGINNER PILATES	9:45AM-10:45AM / HIIT + YOGA COMBO CLASS (HEATED)	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	VINYASA FLOW YOGA (HEATED) KAITLYN	GUIDED MEDITATION SHANDA 12PM-1PM FEEL GOOD FLOW	AMANDA 12PM-1PM YOGA SCULPT (HEATED)	MARK 10AM-10:45AM AQUA HIIT PATRICIA	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 MAT PILATES MARIBETH 6:15PM-7:15PM	(HEATED) OLIVIA 5PM-5:45PM	CHELSEA 6PM-7PM SLOW VIBEY VINYASA (HEATED)	11:15AM-11:45AM GUIDED MEDITATION SHANDA	12:45PM-1:45PM YOGA RESET JESS	11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM PRENATAL YOGA	CANDLELIT FLOW YOGA KAITLYN	BREATHE + RESTORE KATHLEEN 5PM-5:45PM PULSE + TONE	ZACH 6PM-7PM EMBODY	12PM-1PM DANCE MEDICINE SHANDA		12PM-1PM O WATER AEROBICS TAYLOR
6PM-7PM AFRO BEATS SCULPT + YOGA		(HEATED) ARMANDE 5:30PM-7PM INTRO TO	NIKI	12PM-1PM VINYASA YOGA MARK 4:30PM-5:30PM		1PM-2PM VIBEY VINYASA (HEATED) ZACH
6PM-7PM VINYASA YOGA		BREATHWORK WORKSHOP DEHAN 6PM-7PM		\$8 COMMUNITY YOGA GISELLE		1PM-2PM INRHYTHM EMELIE
(HEATED) AMINA (sub)		CANDLELIT FLOW YOGA (HEATED) KATHLEEN			Heated Class (3) Minute Clas	 ★ Dance Class S New Class Q Aqua Class
					Free Community	/ 🖨 =

JANUARY 2025

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M O N D A Y 1/27	TUESDAY 1/28	WEDNESDAY 1/29	THURSDAY 1/30	FRIDAY 1/31	SATURDAY 2/1	S U N D A Y 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)	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM VINYASA FLOW YOGA KAITLYN	8:30AM-9:30AM A YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM A PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM QO 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 YOGA SCULPT	9AM-10AM MAT PILATES AMANDA	KATIE 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 10:30AM-11AM ()
12PM-12:30PM () GUIDED MEDITATION SHANDA	(HEATED) JACQUELINE 5PM-6PM	10AM-10:45AM Qo AQUA HIIT PATRICIA 11:15AM-11:45AM	12PM-12:30PM OBGINNER PILATES	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED)	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	VINYASA FLOW YOGA (HEATED) KAITLYN	GUIDED MEDITATION SHANDA 12PM-1PM FEEL GOOD FLOW	AMANDA 12PM-1PM YOGA SCULPT (HEATED)	MARK 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)	6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM	(HEATED) OLIVIA 5PM-5:45PM	CHELSEA 6PM-7PM SLOW VIBEY	11:15AM-11:45AM GUIDED MEDITATION SHANDA	12:45PM-1:45PM YOGA RESET JESS	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
KIM 5:30PM-6:30PM PRENATAL YOGA KARINA	CANDLELIT FLOW YOGA KAITLYN	BREATHE + RESTORE KATHLEEN 5PM-5:45PM PULSE + TONE	ZACH 6PM-7PM EMBODY NIKI	SHANDA 12PM-1PM DANCE MEDICINE SHANDA 12PM-1PM		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA		(HEATED) ARMANDE 6PM-7PM	INIKI	VINYASA YOGA MARK 4:30PM-5:30PM		12PM-1PM WATER AEROBICS TAYLOR
KIM 6PM-7PM VINYASA YOGA		CANDLELIT FLOW YOGA (HEATED) KATHLEEN 6PM-7PM		\$8 COMMUNITY YOGA TALIA		1PM-2PM VIBEY VINYASA (HEATED) ZACH
(HEATED) KATHLEEN		LUNAR NEW YEAR: NEW MOON SOUND BATH CAROLINE		Heated Class 30 Minute Class	★ Dance Class New Class Aqua Class	1PM-2PM YOGA NIDRA ASHLEY
				Free Community		