

MONDAY 12/30	TUESDAY 12/31	WEDNESDAY 1/1	THURSDAY 1/2	FRIDAY 1/3	SATURDAY 1/4	SUNDAY 1/5
8:30AM -9:30AM <b>LIFT (HEATED)</b> NIKI	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN	9:30AM-10:45AM <b>WELCOME TO 2025 FLOW</b> MARK	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> TINO	8:30AM-9:30AM <b>HATHA FLOW (HEATED)</b> BROOKE	9:15AM-9:45AM <b>SUNDAY SOUND BATH</b> JACQUELINE N.
9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	8:15AM-9:30AM <b>POWER FLOW YOGA (HEATED)</b> KATHLEEN	<p><b>CLOSED</b> WISHING YOU A HAPPY NEW YEAR!</p>	8:30AM-9:30AM <b>VINYASA FLOW YOGA</b> KAITLYN	8:30AM-9:30AM <b>YOGA SCULPT (HEATED)</b> NIKI (sub)	9:45AM-10:30AM <b>PULSE + TONE (HEATED)</b> ARMANDE	9:15AM-10:15AM <b>YOGA SCULPT (HEATED)</b> ARIELLE
10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	9:30AM-10:30AM <b>VINYASA + ASHTANGA YOGA</b> KATHLEEN (sub)		9:45AM-10:45AM <b>THE WORKOUT WITHIN</b> KATIE	9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	10AM-11:15AM <b>HATHA YOGA</b> AMINA (sub)	10AM-11AM <b>EMBODY</b> NIKI
12PM-12:30PM <b>GUIDED MEDITATION</b> SHANDA	12PM-1PM <b>YOGA SCULPT (HEATED)</b> JACQUELINE		10AM-11AM <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	9AM-10AM <b>VINYASA YOGA + SOUND BATH</b> CAROLINE	10:30AM-11:30AM <b>WATER AEROBICS</b> MAYA	10AM-10:30AM <b>MORNING MEDITATION</b> JACQUELINE N.
12PM-1PM <b>VINYASA YOGA (HEATED)</b> MARK			12PM-12:30PM <b>BEGINNER PILATES</b> AMANDA	9:45AM-10:45AM <b>HIIT + YOGA COMBO CLASS (HEATED)</b> MARK	11AM-12:15PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	10:30AM-11AM <b>TRAIIN EXPRESS: LOWER BODY</b> ARIELLE
5PM-5:45PM <b>RESTORATIVE YOGA (HEATED)</b> KATHLEEN (sub)			12PM-1PM <b>YOGA SCULPT (HEATED)</b> EMELIE (sub)	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	12:45PM-1:45PM <b>YOGA RESET</b> CAROLINE (sub)	11AM-11:30AM <b>TRAIIN EXPRESS: UPPER BODY + ABS</b> ARIELLE
5:30PM-6:30PM <b>PRENATAL PILATES</b> AMANDA			6PM-7PM <b>SLOW VIBEY VINYASA (HEATED)</b> ZACH	11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA		11:15AM-12:30PM <b>SUNDAY YOGA RITUAL</b> LIVI
6PM-7PM <b>VINYASA YOGA (HEATED)</b> KATHLEEN			6PM-7PM <b>EMBODY</b> NIKI	12PM-1PM <b>DANCE MEDICINE</b> SHANDA		11:45AM-12:45PM <b>SAMBA SWEAT + TONE</b> DEE
			12PM-1PM <b>VINYASA YOGA</b> MARK		12PM-1PM <b>WATER AEROBICS</b> TAYLOR	
			4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> KAITLYN		1PM-2PM <b>VIBEY VINYASA (HEATED)</b> ZACH	
					1PM-2PM <b>YOGA NIDRA</b> ASHLEY	

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



MONDAY 1/6	TUESDAY 1/7	WEDNESDAY 1/8	THURSDAY 1/9	FRIDAY 1/10	SATURDAY 1/11	SUNDAY 1/12
8:30AM -9:30AM 🔥 <b>LIFT (HEATED)</b> NIKI	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> JULIE	7:15AM-8AM 🔥 <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> TINO	8:15AM-9:30AM 🔥 <b>HATHA FLOW (HEATED)</b> BROOKE	9:15AM-9:45AM 🕒 <b>SUNDAY SOUND BATH</b> JACQUELINE N.
9AM-9:45AM 💧 <b>AQUA HIIT</b> PATRICIA	8:15AM-9:30AM 🔥 <b>POWER FLOW YOGA (HEATED)</b> BROOKE (sub)	8:30AM-9:30AM <b>THERAPEUTIC YOGA</b> JENN	8:30AM-9:30AM <b>VINYASA FLOW YOGA</b> KAITLYN	8:30AM-9:30AM 🔥 <b>YOGA SCULPT (HEATED)</b> CHELSEA	9:45AM-10:30AM 🔥 <b>PULSE + TONE (HEATED)</b> ARMANDE	9:15AM-10:15AM 🔥 <b>YOGA SCULPT (HEATED)</b> ARIELLE
10AM-10:45AM 💧 <b>AQUA HIIT</b> PATRICIA	9:30AM-10:30AM <b>VINYASA + ASHTANGA YOGA</b> TARA	9AM-9:45AM 💧 <b>AQUA HIIT</b> PATRICIA	9:45AM-10:45AM <b>THE WORKOUT WITHIN</b> KATIE	9AM-9:45AM 💧 <b>AQUA HIIT</b> PATRICIA	10AM-11:15AM <b>ROGUE YOGA</b> JESS	10AM-11AM <b>EMBODY</b> NIKI
12PM-12:30PM 🕒 <b>GUIDED MEDITATION</b> SHANDA	12PM-1PM 🔥 <b>YOGA SCULPT (HEATED)</b> JACQUELINE	9AM-10AM <b>MAT PILATES</b> AMANDA	10AM-11AM 🔥 <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	9AM-10AM <b>VINYASA YOGA + SOUND BATH</b> CAROLINE	10:30AM-11:30AM 💧 <b>WATER AEROBICS</b> MAYA	10AM-10:30AM 🕒 <b>MORNING MEDITATION</b> JACQUELINE N.
12PM-1PM 🔥 <b>VINYASA YOGA (HEATED)</b> MARK	5PM-6PM 🔥 <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	10AM-10:45AM 💧 <b>AQUA HIIT</b> PATRICIA	12PM-12:30PM 🕒 <b>BEGINNER PILATES</b> AMANDA	9:30AM-10:30AM <b>RISE WITHIN YOGA</b> AMY	11AM-12:15PM 🔥 <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	10:30AM-11AM 🕒 <b>TRAIIN EXPRESS: LOWER BODY</b> ARIELLE
5PM-5:45PM <b>RESTORATIVE YOGA (HEATED)</b> KIM 🔥	6:15PM-7:15PM <b>MAT PILATES</b> MARIBETH	11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA	12PM-1PM 🔥 <b>YOGA SCULPT (HEATED)</b> CHELSEA	9:45AM-10:45AM 🔥 <b>HIIT + YOGA COMBO CLASS (HEATED)</b> MARK	11:30AM-12:30PM <b>REIKI TUNEUP + GUIDED MEDITATION</b> SKY	11AM-11:30AM 🕒 <b>TRAIIN EXPRESS: UPPER BODY + ABS</b> ARIELLE
5:30PM-6:30PM <b>PRENATAL PILATES</b> AMANDA	6:15PM-7:15PM <b>CANDLELIT FLOW YOGA</b> KAITLYN	12PM-1PM 🔥 <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	6PM-7PM 🔥 <b>SLOW VIBEY VINYASA (HEATED)</b> ZACH	10AM-10:45AM 💧 <b>AQUA HIIT</b> PATRICIA	1PM-5PM <b>THE YEAR OF YOU: MANIFEST + RENEW</b> KATHLEEN + ASSATA	11:15AM-12:30PM <b>SUNDAY YOGA RITUAL</b> ZACH (sub)
6PM-7PM <b>AFRO BEATS SCULPT + YOGA</b> KIM		5PM-5:45PM <b>BREATHE + RESTORE</b> JESS (sub)	6PM-7PM <b>EMBODY</b> NIKI	11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA 🕒		11:45AM-12:45PM <b>SAMBA SWEAT + TONE</b> DEE ✨
6PM-7PM 🔥 <b>VINYASA YOGA (HEATED)</b> AMINA (sub)		5PM-5:45PM <b>PULSE + TONE (HEATED)</b> ARMANDE		12PM-1PM ✨ <b>DANCE MEDICINE</b> SHANDA		12PM-1PM 💧 <b>WATER AEROBICS</b> TAYLOR
		6PM-7PM 🔥 <b>CANDLELIT FLOW YOGA (HEATED)</b> KIM (sub)		12PM-1PM <b>VINYASA YOGA</b> MARK		1PM-2PM 🔥 <b>VIBEY VINYASA (HEATED)</b> ZACH
				4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> LIVI		1PM-2PM <b>INRHYTHM</b> EMELIE
				6PM-7PM <b>FULL MOON REIKI + CACAO MEDITATION</b> SKY		

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










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 <b>QI GONG (FREE)</b> SCOTT	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> JULIE	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> TINO	8:15AM-9:30AM <b>HATHA FLOW (HEATED)</b> BROOKE	9:15AM-9:45AM <b>SUNDAY SOUND BATH</b> JACQUELINE N.
8:30AM -9:30AM <b>LIFT (HEATED)</b> NIKI	8:15AM-9:30AM <b>POWER FLOW YOGA (HEATED)</b> KATHLEEN	8:30AM-9:30AM <b>THERAPEUTIC YOGA</b> JENN	8:30AM-9:30AM <b>VINYASA FLOW YOGA</b> KAITLYN	8:30AM-9:30AM <b>YOGA SCULPT (HEATED)</b> CHELSEA	9:45AM-10:30AM <b>PULSE + TONE (HEATED)</b> ARMANDE	9:15AM-10:15AM <b>YOGA SCULPT (HEATED)</b> ARIELLE
9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	9:30AM-10:30AM <b>VINYASA + ASHTANGA YOGA</b> TARA	9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	10AM-11AM <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	10AM-11:15AM <b>ROGUE YOGA</b> JESS	10AM-11AM <b>EMBODY</b> NIKI
10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	12PM-1PM <b>YOGA SCULPT (HEATED)</b> JACQUELINE	9AM-10AM <b>MAT PILATES</b> AMANDA	12PM-12:30PM <b>BEGINNER PILATES</b> AMANDA	9AM-10AM <b>VINYASA YOGA + SOUND BATH</b> CAROLINE	10:30AM-11:30AM <b>WATER AEROBICS</b> HOLLY (sub)	10AM-10:30AM <b>MORNING MEDITATION</b> JACQUELINE N.
12PM-12:30PM <b>GUIDED MEDITATION</b> SHANDA	5PM-6PM <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	12PM-1PM <b>YOGA SCULPT (HEATED)</b> CHELSEA	9:30AM-10:30AM <b>RISE WITHIN YOGA</b> AMY	11AM-12:15PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	10:30AM-11AM <b>TRAIIN EXPRESS: LOWER BODY</b> ARIELLE
12PM-1PM <b>VINYASA YOGA (HEATED)</b> MARK	6:15PM-7:15PM <b>MAT PILATES</b> MARIBETH	11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA	6PM-7PM <b>SLOW VIBEY VINYASA (HEATED)</b> ZACH	9:45AM-10:45AM <b>HIIT + YOGA COMBO CLASS (HEATED)</b> MARK	11:30AM-12:30PM <b>REIKI TUNEUP + GUIDED MEDITATION</b> SKY	11AM-11:30AM <b>TRAIIN EXPRESS: UPPER BODY + ABS</b> ARIELLE
5PM-5:45PM <b>RESTORATIVE YOGA (HEATED)</b> KIM	6:15PM-7:15PM <b>CANDLELIT FLOW YOGA</b> KAITLYN	12PM-1PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	6PM-7PM <b>EMBODY</b> NIKI	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	12:45PM-1:45PM <b>YOGA RESET</b> JESS	11:15AM-12:30PM <b>SUNDAY YOGA RITUAL</b> ZACH (sub)
5:30PM-6:30PM <b>PRENATAL YOGA</b> KARINA		5PM-5:45PM <b>BREATHE + RESTORE</b> KATHLEEN		11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA		11:45AM-12:45PM <b>SAMBA SWEAT + TONE</b> DEE
6PM-7PM <b>AFRO BEATS SCULPT + YOGA</b> KIM		5PM-5:45PM <b>PULSE + TONE (HEATED)</b> ARMANDE		12PM-1PM <b>DANCE MEDICINE</b> SHANDA		12PM-1PM <b>WATER AEROBICS</b> TAYLOR
6PM-7PM <b>VINYASA YOGA (HEATED)</b> KATHLEEN		6PM-7PM <b>CANDLELIT FLOW YOGA (HEATED)</b> KATHLEEN		12PM-1PM <b>VINYASA YOGA</b> MARK		1PM-2PM <b>VIBEY VINYASA (HEATED)</b> ZACH
		6PM-7PM <b>TAI CHI FOUNDATIONS</b> HUZEFA		4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> AMINA		1PM-2PM <b>YOGA NIDRA</b> ASHLEY

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



MONDAY 1/20	TUESDAY 1/21	WEDNESDAY 1/22	THURSDAY 1/23	FRIDAY 1/24	SATURDAY 1/25	SUNDAY 1/26
8:15AM-9:15AM <b>QI GONG (FREE)</b> SCOTT	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> JULIE	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM <b>TRAIIN (HEATED)</b> TINO	8:15AM-9:30AM <b>HATHA FLOW (HEATED)</b> BROOKE	9:15AM-10:15AM <b>YOGA SCULPT (HEATED)</b> ARIELLE
8:30AM -9:30AM <b>LIFT (HEATED)</b> NIKI	8:15AM-9:30AM <b>POWER FLOW YOGA (HEATED)</b> BROOKE (sub)	8:30AM-9:30AM <b>THERAPEUTIC YOGA</b> JENN	8:30AM-9:30AM <b>VINYASA FLOW YOGA</b> KAITLYN	8:30AM-9:30AM <b>YOGA SCULPT (HEATED)</b> CHELSEA	9:45AM-10:30AM <b>PULSE + TONE (HEATED)</b> ARMANDE	10AM-11AM <b>EMBODY</b> NIKI
9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	9:30AM-10:30AM <b>VINYASA + ASHTANGA YOGA</b> TARA	9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	9:45AM-10:45AM <b>THE WORKOUT WITHIN</b> KATIE	9AM-9:45AM <b>AQUA HIIT</b> PATRICIA	10AM-11:15AM <b>ROGUE YOGA</b> JESS	10AM-10:30AM <b>MORNING MEDITATION</b> SHANDA (sub)
10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	12PM-1PM <b>YOGA SCULPT (HEATED)</b> JACQUELINE	9AM-10AM <b>MAT PILATES</b> AMANDA	10AM-11AM <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	9AM-10AM <b>VINYASA YOGA + SOUND BATH</b> CAROLINE	10:30AM-11:30AM <b>WATER AEROBICS</b> MAYA	10:30AM-11AM <b>TRAIIN EXPRESS: LOWER BODY</b> ARIELLE
12PM-12:30PM <b>GUIDED MEDITATION</b> SHANDA	5PM-6PM <b>VINYASA FLOW YOGA (HEATED)</b> KAITLYN	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	12PM-12:30PM <b>BEGINNER PILATES</b> AMANDA	9:45AM-10:45AM <b>HIIT + YOGA COMBO CLASS (HEATED)</b> MARK	11AM-12:15PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	11AM-11:30AM <b>TRAIIN EXPRESS: UPPER BODY + ABS</b> ARIELLE
12PM-1PM <b>VINYASA YOGA (HEATED)</b> MARK	6:15PM-7:15PM <b>MAT PILATES</b> MARIBETH	11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA	12PM-1PM <b>YOGA SCULPT (HEATED)</b> CHELSEA	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	11:30AM-12:30PM <b>REIKI TUNEUP + GUIDED MEDITATION</b> SKY	11:15AM-12:30PM <b>SUNDAY YOGA RITUAL</b> LIVI
5PM-5:45PM <b>RESTORATIVE YOGA (HEATED)</b> KIM	6:15PM-7:15PM <b>CANDLELIT FLOW YOGA</b> KAITLYN	12PM-1PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	6PM-7PM <b>SLOW VIBEY VINYASA (HEATED)</b> ZACH	11:15AM-11:45AM <b>GUIDED MEDITATION</b> SHANDA	12:45PM-1:45PM <b>YOGA RESET</b> JESS	11:45AM-12:45PM <b>SAMBA SWEAT + TONE</b> DEE
5:30PM-6:30PM <b>PRENATAL YOGA</b> KARINA		5PM-5:45PM <b>BREATHE + RESTORE</b> KATHLEEN	6PM-7PM <b>EMBODY</b> NIKI	12PM-1PM <b>DANCE MEDICINE</b> SHANDA		12PM-1PM <b>WATER AEROBICS</b> TAYLOR
6PM-7PM <b>AFRO BEATS SCULPT + YOGA</b> KIM		5PM-5:45PM <b>PULSE + TONE (HEATED)</b> ARMANDE		12PM-1PM <b>VINYASA YOGA</b> MARK		1PM-2PM <b>VIBEY VINYASA (HEATED)</b> ZACH
6PM-7PM <b>VINYASA YOGA (HEATED)</b> AMINA (sub)		5:30PM-7PM <b>INTRO TO BREATHWORK WORKSHOP</b> DEHAN		4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> GISELLE		1PM-2PM <b>INRHYTHM</b> EMELIE
		6PM-7PM <b>CANDLELIT FLOW YOGA (HEATED)</b> KATHLEEN				

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



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

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