

MONDAY 3/31	TUESDAY 4/1	WEDNESDAY 4/2	THURSDAY 4/3	FRIDAY 4/4	SATURDAY 4/5	SUNDAY 4/6
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) CLARE 🔥	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) TINO 🔥	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE 🔥	9:15AM-9:45AM SUNDAY SOUND BATH CAROLINE
8:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	8:15AM-9:30AM 🔥 POWER FLOW YOGA (HEATED) OLIVIA (sub)	8:30AM-9:30AM THERAPEUTIC YOGA JENN	8:30AM-9:30AM VINYASA YOGA TALIA (sub)	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-12:45PM PILATES CURIOUS ARMANDE	9AM-10AM MAT PILATES AMANDA	10AM-11AM 🔥 VINYASA YOGA (HEATED) BROOKE (sub)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	11AM-12:15PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	10AM-10:30AM ⌚ MORNING MEDITATION SHANDA
12PM-12:30PM ⌚ MID-DAY RESET SHANDA	12PM-1PM 🔥 YOGA SCULPT (HEATED) EMELIE	10AM-10:45AM 💧 AQUA HIIT PATRICIA	10:30AM-11:30AM 💧 WATER AEROBICS TIM	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:30PM POWER IN THE PELVIS WORKSHOP LAUREN SHEPLEY	10:30AM-11AM ⌚ TRAINI EXPRESS: LOWER BODY RACHEL (sub)
12PM-1PM 🔥 VINYASA YOGA (HEATED) MARK	5PM-6PM VINYASA YOGA (HEATED) KAITLYN	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM PILATES CURIOUS ARMANDE	9:45AM-10:45AM 🔥 HIIT + YOGA COMBO CLASS (HEATED) MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM ⌚ TRAINI EXPRESS: UPPER BODY + ABS RACHEL (sub)
5PM-5:45PM 🔥 RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM MID-DAY RESET ZACH (sub)	12PM-1PM 🔥 YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM 💧 AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET EMELIE	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
5:30PM-6:30PM PRENATAL PILATES AMANDA	5PM-5:45PM CANDELLIT FLOW YOGA KAITLYN	12PM-1PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	5PM-5:45PM YOGA CURIOUS ZACH	11:15AM-11:45AM ⌚ MID-DAY RESET SHANDA	2:30PM-3:30PM KITTEN YOGA OLIVIA	11:45AM-12:45PM ✨ SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT + YOGA KIM		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6PM-7PM EMBODY NIKI	12PM-1PM ✨ DANCE MEDICINE SHANDA		1PM-2PM 🔥 VIBEY VINYASA (HEATED) ZACH
6PM-7PM VINYASA YOGA (HEATED) RACHEL (sub)		5PM-5:45PM BREATHE + RESTORE ERICA (sub)	6PM-7PM 🔥 SLOW VIBEY VINYASA (HEATED) ZACH	12PM-1PM VINYASA YOGA MARK		1PM-2PM INRHYTHM EMELIE
		5:30PM-6:30PM 💧 WATER AEROBICS TAYLOR		4:30PM-5:30PM \$8 COMMUNITY YOGA LIVI		
		6PM-7PM 🔥 CANDELLIT FLOW YOGA (HEATED) ZACH (sub)				

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

MONDAY 4/7	TUESDAY 4/8	WEDNESDAY 4/9	THURSDAY 4/10	FRIDAY 4/11	SATURDAY 4/12	SUNDAY 4/13
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) CLARE 🔥	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) TINO 🔥	8:15AM-9:30AM HATHA FLOW (HEATED) ERICA (sub) 🔥	9:15AM-9:45AM SUNDAY SOUND BATH GENERAL STAFF
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 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 🔥
12PM-1PM VINYASA YOGA (HEATED) MARK 🔥	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 🔥
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM 🔥	12PM-12:45PM PILATES CURIOUS ARMANDE 🔥	9AM-10AM MAT PILATES AMANDA 🔥	10AM-11AM VINYASA YOGA (HEATED) KAITLYN 🔥	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE 🔥	10:30AM-11:30AM WATER AEROBICS HOLLY (sub) 🔥	10:30AM-11AM TRAINI EXPRESS: LOWER BODY ARIELLE 🔥
6PM-7PM AFRO BEATS SCULPT + YOGA KIM 🔥	12PM-1PM YOGA SCULPT (HEATED) EMELIE 🔥	10AM-10:45AM AQUA HIIT PATRICIA 🔥	10:30AM-11:30AM WATER AEROBICS TIM 🔥	9:30AM-10:30AM RISE WITHIN YOGA AMY 🔥	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	11AM-11:30AM TRAINI EXPRESS: UPPER BODY + ABS ARIELLE 🔥
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN 🔥	5PM-6PM VINYASA YOGA (HEATED) KAITLYN 🔥	10:30M-11:30AM BABY + ME PILATES AMANDA 🔥	12PM-12:30PM PILATES CURIOUS ARMANDE 🔥	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) GENERAL STAFF 🔥	11AM-12:30PM POWER IN THE PELVIS WORKSHOP LAUREN SHEPLEY 🔥	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA (sub) 🔥
	6:15PM-7:15PM MAT PILATES MARIBETH 🔥	11:15AM-11:45AM MID-DAY RESET ZACH (sub) 🔥	12PM-1PM YOGA SCULPT (HEATED) CHELSEA 🔥	10AM-10:45AM AQUA HIIT PATRICIA 🔥	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY 🔥	11:45AM-12:45PM SAMBA SWEAT + TONE DEE 🔥
	5PM-5:45PM CANDLELIT FLOW YOGA KAITLYN 🔥	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	5PM-5:45PM YOGA CURIOUS ZACH 🔥	11:15AM-11:45AM MID-DAY RESET SHANDA 🔥	12:45PM-1:45PM YOGA RESET EMELIE 🔥	12PM-1PM WATER AEROBICS TAYLOR 🔥
		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE 🔥	6PM-7PM EMBODY NIKI 🔥	12PM-1PM DANCE MEDICINE SHANDA 🔥		1PM-2PM VIBEY VINYASA (HEATED) ZACH 🔥
		5PM-5:45PM BREATHE + RESTORE KATHLEEN 🔥	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH 🔥	12PM-1PM VINYASA YOGA GENERAL STAFF 🔥		1PM-2PM YOGA NIDRA ASHLEY 🔥
		5:30PM-6:30PM WATER AEROBICS TAYLOR 🔥		4:30PM-5:30PM \$8 COMMUNITY YOGA GISELLE 🔥		
		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN 🔥		6PM-7:15PM FULL MOON REIKI + CACAO CEREMONY SKY 🔥		
		6PM-7PM TAI CHI FOUNDATIONS (FREE) HUZFEFA 🔥				

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

MONDAY 4/14	TUESDAY 4/15	WEDNESDAY 4/16	THURSDAY 4/17	FRIDAY 4/18	SATURDAY 4/19	SUNDAY 4/20
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) CLARE 🔥	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) TINO 🔥	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE 🔥	9:15AM-9:45AM SUNDAY SOUND BATH GENERAL STAFF
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 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-12:45PM PILATES CURIOUS ARMANDE	9AM-10AM MAT PILATES AMANDA	10AM-11AM 🔥 VINYASA YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM 💧 WATER AEROBICS MAYA	10AM-10:30AM ⌚ MORNING MEDITATION SHANDA
12PM-1PM 🔥 VINYASA YOGA (HEATED) MARK	12PM-1PM 🔥 YOGA SCULPT (HEATED) EMELIE	10AM-10:45AM 💧 AQUA HIIT PATRICIA	10:30AM-11:30AM 💧 WATER AEROBICS TIM	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM ⌚ TRAINI EXPRESS: LOWER BODY ARIELLE
5PM-5:45PM 🔥 RESTORATIVE YOGA (HEATED) KATHLEEN (sub)	5PM-6PM 🔥 VINYASA YOGA (HEATED) KAITLYN	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM PILATES CURIOUS ARMANDE	9:45AM-10:45AM 🔥 HIIT + YOGA COMBO CLASS (HEATED) MARK	11AM-12:30PM POWER IN THE PELVIS WORKSHOP LAUREN SHEPLEY	11AM-11:30AM ⌚ TRAINI EXPRESS: UPPER BODY + ABS ARIELLE
5:30PM-6:30PM WATER AEROBICS ASHLEY	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM MID-DAY RESET ZACH (sub)	12PM-1PM 🔥 YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM 💧 AQUA HIIT PATRICIA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN	5PM-5:45PM CANDELIT FLOW YOGA KAITLYN	12PM-1PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	5PM-5:45PM YOGA CURIOUS ZACH	11:15AM-11:45AM ⌚ MID-DAY RESET SHANDA	12:45PM-1:45PM YOGA RESET EMELIE	11:45AM-12:45PM ✨ SAMBA SWEAT + TONE DEE
		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6PM-7PM EMBODY NIKI	12PM-1PM ✨ DANCE MEDICINE SHANDA	2:30PM-3:30PM KITTEN YOGA OLIVIA	12PM-1PM 💧 WATER AEROBICS TAYLOR
		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	12PM-1PM VINYASA YOGA MARK		1PM-2PM 🔥 VIBEY VINYASA (HEATED) ZACH
		5:30PM-6:30PM WATER AEROBICS TAYLOR		4:30PM-5:30PM \$8 COMMUNITY YOGA KAITLYN		1PM-2PM INRHYTHM EMELIE
		6PM-7PM CANDELIT FLOW YOGA (HEATED) KATHLEEN 🔥				

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

MONDAY 4/21	TUESDAY 4/22	WEDNESDAY 4/23	THURSDAY 4/24	FRIDAY 4/25	SATURDAY 4/26	SUNDAY 4/27
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) CLARE 🔥	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) TINO 🔥	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE 🔥	9:15AM-9:45AM SUNDAY SOUND BATH GENERAL STAFF
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 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-12:45PM PILATES CURIOUS ARMANDE	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA YOGA (HEATED) KAITLYN 🔥	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS MAYA 💧	10AM-10:30AM MORNING MEDITATION SHANDA 🕒
12PM-1PM VINYASA YOGA (HEATED) MARK 🔥	12PM-1PM YOGA SCULPT (HEATED) EMELIE 🔥	10AM-10:45AM AQUA HIIT PATRICIA 💧	10:30AM-11:30AM WATER AEROBICS TIM 💧	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	10:30AM-11AM TRAINI EXPRESS: LOWER BODY ARIELLE 🕒
5PM-5:45PM RESTORATIVE YOGA (HEATED) KATHLEEN (sub) 🔥	5PM-6PM VINYASA YOGA (HEATED) KAITLYN 🔥	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM PILATES CURIOUS ARMANDE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK 🔥	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM TRAINI EXPRESS: UPPER BODY + ABS ARIELLE 🕒
5:30PM-6:30PM WATER AEROBICS ASHLEY	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM MID-DAY RESET ZACH (sub)	12PM-1PM YOGA SCULPT (HEATED) CHELSEA 🔥	10AM-10:45AM AQUA HIIT PATRICIA 💧	12:45PM-1:45PM YOGA RESET EMELIE	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN 🔥	5PM-5:45PM CANDLELIT FLOW YOGA KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 💧	5PM-5:45PM YOGA CURIOUS ZACH	11:15AM-11:45AM MID-DAY RESET SHANDA 🕒		11:45AM-12:45PM SAMBA SWEAT + TONE DEE ✨
		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6PM-7PM EMBODY NIKI	12PM-1PM DANCE MEDICINE SHANDA ✨		12PM-1PM WATER AEROBICS TAYLOR 💧
		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH 🔥	12PM-1PM VINYASA YOGA MARK		1PM-2PM VIBEY VINYASA (HEATED) ZACH 🔥
		5:30PM-6:30PM WATER AEROBICS TAYLOR 💧		4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		1PM-2PM YOGA NIDRA ASHLEY
		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN 🔥		6PM-7PM NEW MOON SOUND BATH CAROLINE		
		5:30PM-7PM INTRO TO CONSCIOUS BREATHWORK DEHAN				

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

MONDAY 4/28	TUESDAY 4/29	WEDNESDAY 4/30	THURSDAY 5/1	FRIDAY 5/2	SATURDAY 5/3	SUNDAY 5/4
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) CLARE 🔥	7:15AM-8AM PULSE + TONE (HEATED) MORGAN 🔥	7:15AM-8AM TRAINI (HEATED) TINO 🔥	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE 🔥	9:15AM-9:45AM SUNDAY SOUND BATH GENERAL STAFF
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 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-12:45PM PILATES CURIOUS ARMANDE	9AM-10AM MAT PILATES AMANDA	10AM-11AM 🔥 VINYASA YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM 💧 WATER AEROBICS MAYA	10AM-10:30AM ⌚ MORNING MEDITATION SHANDA
12PM-1PM 🔥 VINYASA YOGA (HEATED) MARK	12PM-1PM 🔥 YOGA SCULPT (HEATED) EMELIE	10AM-10:45AM 💧 AQUA HIIT PATRICIA	10:30AM-11:30AM 💧 WATER AEROBICS TIM	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM ⌚ TRAINI EXPRESS: LOWER BODY ARIELLE
5PM-5:45PM 🔥 RESTORATIVE YOGA (HEATED) KATHLEEN (sub)	5PM-6PM 🔥 VINYASA YOGA (HEATED) KAITLYN	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM PILATES CURIOUS ARMANDE	9:45AM-10:45AM 🔥 HIIT + YOGA COMBO CLASS (HEATED) MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM ⌚ TRAINI EXPRESS: UPPER BODY + ABS ARIELLE
5:30PM-6:30PM WATER AEROBICS ASHLEY	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM MID-DAY RESET ZACH (sub)	12PM-1PM 🔥 YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM 💧 AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET EMELIE	11:15AM-12:30PM SUNDAY YOGA RITUAL LIVI
6PM-7PM AFRO BEATS SCULPT + YOGA KIM	5PM-5:45PM CANDLELIT FLOW YOGA KAITLYN	12PM-1PM 🔥 FEEL GOOD FLOW (HEATED) OLIVIA	5PM-5:45PM YOGA CURIOUS ZACH	11:15AM-11:45AM ⌚ MID-DAY RESET SHANDA		11:45AM-12:45PM ✨ SAMBA SWEAT + TONE DEE
6PM-7PM 🔥 VINYASA YOGA (HEATED) KATHLEEN		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6PM-7PM EMBODY NIKI	12PM-1PM ✨ DANCE MEDICINE SHANDA		12PM-1PM 💧 WATER AEROBICS TAYLOR
		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM 🔥 SLOW VIBEY VINYASA (HEATED) ZACH	12PM-1PM VINYASA YOGA MARK		1PM-2PM 🔥 VIBEY VINYASA (HEATED) ZACH
		5:30PM-6:30PM 💧 WATER AEROBICS TAYLOR		4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		1PM-2PM INRHYTHM EMELIE
		6PM-7PM 🔥 CANDLELIT FLOW YOGA (HEATED) KATHLEEN				

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