Spyre Weekly Class Schedule

**APRIL 2025** 

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

( 30 Minute Class New Class

Free Community

Class Event/Workshop

Spyre Weekly Class Schedule

APRIL 2025

| -   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|-----|---|--|--|---|--|---|---|
| L   | 4/7   | 4/8  | 4/9  | 4/10  | 4/11   | 4/12  | 4/13  |
|     | 8:15AM-9:15AM<br>QI GONG (FREE)<br>SCOTT          | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN                  | 7:15AM-8AM<br>TRAIIN (HEATED)<br>CLARE               | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN         | 7:15AM-8AM<br>TRAIIN (HEATED)<br>TINO                        | 8:15AM-9:30AM<br>HATHA FLOW<br>(HEATED)<br>ERICA (sub)        | 9:15AM-9:45AM<br>SUNDAY SOUND<br>BATH<br>GENERAL STAFF          |
|     | 8:30AM -9:30AM () LIFT (HEATED) NIKI 12PM-1PM     | 8:15AM-9:30AM<br>POWER FLOW<br>YOGA (HEATED)<br>KATHLEEN | 8:30AM-9:30AM<br>THERAPEUTIC YOGA<br>JENN            | 8:30AM-9:30AM<br><b>VINYASA YOGA</b><br>KAITLYN | 8:30AM-9:30AM<br>YOGA SCULPT<br>(HEATED)<br>CHELSEA          | 9:45AM-10:30AM<br>PULSE + TONE<br>(HEATED)                    | 9:15AM-10:15AM<br>YOGA SCULPT<br>(HEATED)                       |
|     | VINYASA YOGA<br>(HEATED)<br>MARK                  | 9:30AM-10:30AM<br>VINYASA +<br>ASHTANGA YOGA             | 9AM-9:45AM<br>AQUA HIIT<br>PATRICIA                  | 9:45AM-10:45AM<br>THE WORKOUT WITHIN<br>KATIE   | 9AM-9:45AM<br>AQUA HIIT<br>PATRICIA                          | ARMANDE<br>10AM-11:15AM<br>ROGUE YOGA<br>JESS                 | ARIELLE<br>10AM-11AM<br>EMBODY<br>NIKI                          |
|     | 5PM-5:45PM<br>RESTORATIVE YOGA<br>(HEATED)<br>KIM | TARA  12PM-12:45PM PILATES CURIOUS                       | 9AM-10AM MAT PILATES AMANDA  10AM-10:45AM            | 10AM-11AM VINYASA YOGA (HEATED) KAITLYN         | 9AM-10AM<br>VINYASA YOGA +<br>SOUND BATH<br>CAROLINE         | 10:30AM-11:30AM OF WATER AEROBICS HOLLY (sub)                 | 10:30AM-11AM<br>TRAIIN EXPRESS:<br>LOWER BODY<br>ARIELLE        |
| 100 | 6PM-7PM AFRO BEATS SCULPT + YOGA KIM              | 12PM-1PM<br>YOGA SCULPT<br>(HEATED)                      | AQUA HIIT PATRICIA  10:30M-11:30AM BABY + ME PILATES | 10:30AM-11:30AM<br>WATER AEROBICS<br>TIM        | 9:30AM-10:30AM<br>RISE WITHIN YOGA<br>AMY<br>9:45AM-10:45AM  | 11AM-12:15PM<br>FEEL GOOD FLOW<br>(HEATED)<br>OLIVIA          | 11AM-11:30AM (TRAIIN EXPRESS: UPPER<br>BODY + ABS<br>ARIELLE    |
|     | 6PM-7PM VINYASA YOGA (HEATED) KATHLEEN            | 5PM-6PM<br>VINYASA YOGA<br>(HEATED)                      | AMANDA  11:15AM-11:45AM  MID-DAY RESET  ZACH (sub)   | 12PM-12:30PM PILATES CURIOUS ARMANDE 12PM-1PM   | HIIT + YOGA COMBO CLASS (HEATED) GENERAL STAFF  10AM-10:45AM | 11AM-12:30PM<br>POWER IN THE PELVIS<br>WORKSHOP               | 11:15AM-12:30PM<br>SUNDAY YOGA RITUAL<br>ERICA (sub)            |
|     | / 1   | 6:15PM-7:15PM<br>MAT PILATES<br>MARIBETH                 | 12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA              | YOGA SCULPT (HEATED) CHELSEA 5PM-5:45PM         | AQUA HIIT PATRICIA  11:15AM-11:45AM () MID-DAY RESET SHANDA  | 11:30AM-12:30PM<br>REIKI TUNEUP + GUIDED<br>MEDITATION<br>SKY | 11:45AM-12:45PM SAMBA SWEAT + TONE DEE  12PM-1PM WATER AEROBICS |
|     |   | 5PM-5:45PM<br>CANDLELIT FLOW<br>YOGA<br>KAITLYN          | 5PM-5:45PM PULSE + TONE (HEATED) ARMANDE             | YOGA CURIOUS ZACH 6PM-7PM EMBODY                | 12PM-1PM ** DANCE MEDICINE SHANDA                            | 12:45PM-1:45PM<br>YOGA RESET<br>EMELIE                        | TAYLOR  1PM-2PM  VIBEY VINYASA                                  |
|     |   | A  | 5PM-5:45PM<br>BREATHE + RESTORE<br>KATHLEEN          | NIKI<br>6PM-7PM                                 | 12PM-1PM<br>VINYASA YOGA<br>GENERAL STAFF                    |   | (HEATED)<br>ZACH<br>1PM-2PM                                     |
|     |   |  | 5:30PM-6:30PM QQ<br>WATER AEROBICS<br>TAYLOR         | SLOW VIBEY VINYASA<br>(HEATED)<br>ZACH          | 4:30PM-5:30PM<br>\$8 COMMUNITY YOGA<br>GISELLE               |   | YOGA NIDRA<br>ASHLEY  |
|     |   |  | 6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN        |   | 6PM-7:15PM<br>FULL MOON REIKI +<br>CACAO CEREMONY<br>SKY     | ♦ Heated Class  | * Dance Class   |
|     |   |  | 6PM-7PM TAI CHI FOUNDATIONS (FREE) HUZEFA            |   |  | 30 Minute Clas  | Aqua Class  |

SDYFE Weekly Class Schedule

## **APRIL 2025**

| MONDAY<br>4/14                             | TUESDAY<br>4/15  | WEDNESDAY<br>4/16                                       | THURSDAY<br>4/17                                | FRIDAY<br>4/18  | SATURDAY<br>4/19                                       | SUNDAY<br>4/20   |
|--|--|---|---|---|--|--|
| 8:15AM-9:15AM<br>QI GONG (FREE)<br>SCOTT   | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN                  | 7:15AM-8AM<br>TRAIIN (HEATED)<br>CLARE                  | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN         | 7:15AM-8AM<br>TRAIIN (HEATED)<br>TINO                 | 8:15AM-9:30AM ATHA FLOW (HEATED) BROOKE                | 9:15AM-9:45AM<br>SUNDAY SOUND<br>BATH<br>GENERAL STAFF |
| 8:30AM -9:30AM 🔥<br>LIFT (HEATED)<br>NIKI  | 8:15AM-9:30AM<br>POWER FLOW<br>YOGA (HEATED)<br>KATHLEEN | 8:30AM-9:30AM<br>THERAPEUTIC YOGA<br>JENN<br>9AM-9:45AM | 8:30AM-9:30AM<br><b>VINYASA YOGA</b><br>KAITLYN | 8:30AM-9:30AM<br>YOGA SCULPT<br>(HEATED)<br>CHELSEA   | 9:45AM-10:30AM<br>PULSE + TONE<br>(HEATED)<br>ARMANDE  | 9:15AM-10:15AM<br>YOGA SCULPT<br>(HEATED)<br>ARIELLE   |
| 9AM-9:45AM QO<br>AQUA HIIT<br>PATRICIA     | 9:30AM-10:30AM<br>VINYASA +<br>ASHTANGA YOGA             | AQUA HIIT PATRICIA                                      | 9:45AM-10:45AM<br>THE WORKOUT WITHIN<br>KATIE   | 9AM-9:45AM<br>AQUA HIIT<br>PATRICIA                   | 10AM-11:15AM<br>ROGUE YOGA                             | 10AM-11AM<br>EMBODY<br>NIKI                            |
| 10AM-10:45AM QO<br>AQUA HIIT<br>PATRICIA   | TARA<br>12PM-12:45PM                                     | 9AM-10AM<br>MAT PILATES<br>AMANDA                       | 10AM-11AM<br>VINYASA YOGA<br>(HEATED)           | 9AM-10AM<br>VINYASA YOGA +<br>SOUND BATH<br>CAROLINE  | 10:30AM-11:30AM<br>WATER AEROBICS                      | 10AM-10:30AM ( MORNING MEDITATION SHANDA               |
| 12PM-1PM VINYASA YOGA (HEATED) MARK        | PILATES CURIOUS ARMANDE  12PM-1PM                        | 10AM-10:45AM Q<br>AQUA HIIT<br>PATRICIA                 | 10:30AM-11:30AM                                 | 9:30AM-10:30AM<br>RISE WITHIN YOGA<br>AMY             | MAYA  11AM-12:15PM FEEL GOOD FLOW                      | 10:30AM-11AM<br>TRAIIN EXPRESS:<br>LOWER BODY          |
| 5PM-5:45PM<br>RESTORATIVE YOGA<br>(HEATED) | YOGA SCULPT<br>(HEATED)<br>EMELIE                        | 10:30M-11:30AM<br>BABY + ME PILATES<br>AMANDA           | TIM<br>12PM-12:30PM                             | 9:45AM-10:45AM<br>HIIT + YOGA COMBO<br>CLASS (HEATED) | (HEATED)<br>OLIVIA<br>11AM-12:30PM                     | ARIELLE  11AM-11:30AM ( TRAIIN EXPRESS: UPPE           |
| KATHLEEN (sub)<br>5:30PM-6:30PM            | 5PM-6PM<br>VINYASA YOGA<br>(HEATED)                      | 11:15AM-11:45AM<br>MID-DAY RESET<br>ZACH (sub)          | PILATES CURIOUS ARMANDE 12PM-1PM                | MARK  10AM-10:45AM  AQUA HIIT                         | POWER IN THE PELVIS WORKSHOP LAUREN SHEPLEY            | BODY + ABS<br>ARIELLE<br>11:15AM-12:30PM               |
| WATER AEROBICS ASHLEY 6PM-7PM              | KAITLYN<br>6:15PM-7:15PM<br>MAT PILATES                  | 12PM-1PM<br>FEEL GOOD FLOW<br>(HEATED)                  | YOGA SCULPT<br>(HEATED)<br>CHELSEA              | PATRICIA  11:15AM-11:45AM ()  MID-DAY RESET           | 11:30AM-12:30PM<br>REIKI TUNEUP + GUIDED<br>MEDITATION | SUNDAY YOGA RITUAL<br>LIVI                             |
| VINYASA YOGA<br>(HEATED)<br>KATHLEEN       | MARIBETH 5PM-5:45PM CANDLELIT FLOW                       | OLIVIA<br>5PM-5:45PM<br>PULSE + TONE                    | 5PM-5:45PM<br>YOGA CURIOUS<br>ZACH              | SHANDA<br>12PM-1PM *                                  | SKY<br>12:45PM-1:45PM                                  | 11:45AM-12:45PM<br>SAMBA SWEAT + TONE<br>DEE           |
|  | YOGA<br>KAITLYN  | (HEATED)<br>ARMANDE<br>5PM-5:45PM                       | 6PM-7PM<br>EMBODY<br>NIKI                       | DANCE MEDICINE<br>SHANDA<br>12PM-1PM                  | YOGA RESET<br>EMELIE<br>2:30PM-3:30PM                  | 12PM-1PM<br>WATER AEROBICS<br>TAYLOR                   |
|  | 1  | BREATHE + RESTORE KATHLEEN 5:30PM-6:30PM                | 6PM-7PM<br>SLOW VIBEY VINYASA<br>(HEATED)       | VINYASA YOGA MARK  4:30PM-5:30PM \$8 COMMUNITY YOGA   | KITTEN YOGA<br>OLIVIA                                  | 1PM-2PM<br>VIBEY VINYASA<br>(HEATED)                   |
|  |  | WATER AEROBICS TAYLOR 6PM-7PM CANDLELIT FLOW            | ZACH  | KAITLYN   |  | ZACH  1PM-2PM  INRHYTHM  EMELIE                        |
|  |  | YOGA (HEATED)<br>KATHLEEN                               |   |   | ♦ Heated Class →                                       | Dance Class  |
|  |  |   |   | 5 or  | 30 Minute Class  | New Class  |

Class E

SDYFE Weekly Class Schedule

**APRIL** 2025

| Spyre  | VVCCINIY CIA   | 38 Ochicadic  |   |   | / / 1 1 / 1 / 1                                       |  |
|--|--|---|---|---|---|--|
| MONDAY<br>4/21                               | TUESDAY<br>4/22  | WEDNESDAY<br>4/23                                       | THURSDAY<br>4/24                                | FRIDAY<br>4/25  | SATURDAY<br>4/26                                      | SUNDAY<br>4/27   |
| 8:15AM-9:15AM<br>QI GONG (FREE)<br>SCOTT     | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN                  | 7:15AM-8AM<br>TRAIIN (HEATED)<br>CLARE                  | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN         | 7:15AM-8AM<br>TRAIIN (HEATED)<br>TINO                 | 8:15AM-9:30AM<br>HATHA FLOW<br>(HEATED)<br>BROOKE     | 9:15AM-9:45AM<br>SUNDAY SOUND<br>BATH<br>GENERAL STAFF |
| 8:30AM -9:30AM<br>LIFT (HEATED)<br>NIKI      | 8:15AM-9:30AM<br>POWER FLOW<br>YOGA (HEATED)<br>KATHLEEN | 8:30AM-9:30AM<br>THERAPEUTIC YOGA<br>JENN               | 8:30AM-9:30AM<br><b>VINYASA YOGA</b><br>KAITLYN | 8:30AM-9:30AM<br>YOGA SCULPT<br>(HEATED)<br>CHELSEA   | 9:45AM-10:30AM<br>PULSE + TONE<br>(HEATED)<br>ARMANDE | 9:15AM-10:15AM<br>YOGA SCULPT<br>(HEATED)<br>ARIELLE   |
| 9AM-9:45AM<br>AQUA HIIT<br>PATRICIA          | 9:30AM-10:30AM<br>VINYASA +<br>ASHTANGA YOGA             | 9AM-9:45AM<br>AQUA HIIT<br>PATRICIA                     | 9:45AM-10:45AM<br>THE WORKOUT WITHIN<br>KATIE   | 9AM-9:45AM QO<br>AQUA HIIT<br>PATRICIA                | 10AM-11:15AM<br>ROGUE YOGA                            | 10AM-11AM<br>EMBODY<br>NIKI                            |
| 10AM-10:45AM<br>AQUA HIIT<br>PATRICIA        | 12PM-12:45PM PILATES CURIOUS                             | 9AM-10AM<br>MAT PILATES<br>AMANDA                       | 10AM-11AM<br>VINYASA YOGA<br>(HEATED)           | 9AM-10AM<br>VINYASA YOGA +<br>SOUND BATH<br>CAROLINE  | 10:30AM-11:30AM<br>WATER AEROBICS                     | 10AM-10:30AM (MORNING MEDITATION SHANDA                |
| 12PM-1PM<br>VINYASA YOGA<br>(HEATED)<br>MARK | ARMANDE  12PM-1PM YOGA SCULPT                            | 10AM-10:45AM QO<br>AQUA HIIT<br>PATRICIA                | 10:30AM-11:30AM<br>WATER AEROBICS               | 9:30AM-10:30AM<br>RISE WITHIN YOGA<br>AMY             | MAYA  11AM-12:15PM FEEL GOOD FLOW                     | 10:30AM-11AM<br>TRAIIN EXPRESS:<br>LOWER BODY          |
| 5PM-5:45PM<br>RESTORATIVE YOGA<br>(HEATED)   | (HEATED)<br>EMELIE                                       | 10:30M-11:30AM<br>BABY + ME PILATES<br>AMANDA           | 12PM-12:30PM PILATES CURIOUS                    | 9:45AM-10:45AM<br>HIIT + YOGA COMBO<br>CLASS (HEATED) | (HEATED)<br>OLIVIA<br>11:30AM-12:30PM                 | 11AM-11:30AM CTRAIIN EXPRESS: UPPER                    |
| 5:30PM-6:30PM<br>WATER AEROBICS              | 5PM-6PM VINYASA YOGA (HEATED) KAITLYN                    | 11:15AM-11:45AM<br>MID-DAY RESET<br>ZACH (sub)          | ARMANDE  12PM-1PM YOGA SCULPT                   | MARK<br>10AM-10:45AM<br>AQUA HIIT                     | REIKI TUNEUP + GUIDED<br>MEDITATION<br>SKY            | BODY + ABS<br>ARIELLE<br>11:15AM-12:30PM               |
| ASHLEY<br>6PM-7PM                            | 6:15PM-7:15PM MAT PILATES MARIBETH                       | 12PM-1PM<br>FEEL GOOD FLOW<br>(HEATED)<br>OLIVIA        | (HEATED)<br>CHELSEA<br>5PM-5:45PM               | PATRICIA  11:15AM-11:45AM ()  MID-DAY RESET           | 12:45PM-1:45PM<br>YOGA RESET<br>EMELIE                | SUNDAY YOGA RITUAL<br>LIVI<br>11:45AM-12:45PM          |
| VINYASA YOGA<br>(HEATED)<br>KATHLEEN         | 5PM-5:45PM<br>CANDLELIT FLOW<br>YOGA                     | 5PM-5:45PM<br>PULSE + TONE<br>(HEATED)                  | YOGA CURIOUS<br>ZACH                            | SHANDA  12PM-1PM  DANCE MEDICINE                      |   | SAMBA SWEAT + TONE DEE  12PM-1PM                       |
|  | KAITLYN  | ARMANDE<br>5PM-5:45PM<br>BREATHE + RESTORE              | EMBODY<br>NIKI                                  | SHANDA<br>12PM-1PM<br>VINYASA YOGA                    |   | WATER AEROBICS TAYLOR 1PM-2PM                          |
|  | 2  | 5:30PM-6:30PM WATER AEROBICS                            | 6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH        | MARK 4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF   |   | VIBEY VINYASA<br>(HEATED)<br>ZACH                      |
|  |  | 6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN           |   | 6PM-7PM NEW MOON SOUND BATH CAROLINE                  | Heated Class  | 1PM-2PM YOGA NIDRA ASHLEY  Dance Class                 |
|  |  | 5:30PM-7PM<br>INTRO TO CONSCIOUS<br>BREATHWORK<br>DEHAN |   |   | 30 Minute Class                                       |  |

Spyre Weekly Class Schedule

## **APRIL 2025**

| MONDAY<br>4/28                                | TUESDAY<br>4/29  | WEDNESDAY<br>4/30                                | THURSDAY<br>5/1                               | FRIDAY<br>5/2  | SATURDAY<br>5/3   | SUNDAY<br>5/4  |
|---|--|--|---|--|---|--|
| 8:15AM-9:15AM<br>QI GONG (FREE)<br>SCOTT      | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN                  | 7:15AM-8AM<br>TRAIIN (HEATED)<br>CLARE           | 7:15AM-8AM PULSE + TONE (HEATED) MORGAN       | 7:15AM-8AM<br>TRAIIN (HEATED)<br>TINO                  | 8:15AM-9:30AM<br>HATHA FLOW<br>(HEATED)<br>BROOKE             | 9:15AM-9:45AM<br>SUNDAY SOUND<br>BATH<br>GENERAL STAFF |
| 8:30AM -9:30AM 🔥<br>LIFT (HEATED)<br>NIKI     | 8:15AM-9:30AM<br>POWER FLOW<br>YOGA (HEATED)<br>KATHLEEN | 8:30AM-9:30AM<br>THERAPEUTIC YOGA<br>JENN        | 8:30AM-9:30AM<br>VINYASA YOGA<br>KAITLYN      | 8:30AM-9:30AM (Note: 1)  YOGA SCULPT (HEATED)  CHELSEA | 9:45AM-10:30AM<br>PULSE + TONE<br>(HEATED)                    | 9:15AM-10:15AM<br>YOGA SCULPT<br>(HEATED)<br>ARIELLE   |
| 9AM-9:45AM QQ<br>AQUA HIIT<br>PATRICIA        | 9:30AM-10:30AM<br>VINYASA +<br>ASHTANGA YOGA             | 9AM-9:45AM<br>AQUA HIIT<br>PATRICIA              | 9:45AM-10:45AM<br>THE WORKOUT WITHIN<br>KATIE | 9AM-9:45AM<br>AQUA HIIT<br>PATRICIA                    | ARMANDE<br>10AM-11:15AM<br>ROGUE YOGA                         | 10AM-11AM<br>EMBODY<br>NIKI                            |
| 10AM-10:45AM QO<br>AQUA HIIT<br>PATRICIA      | TARA<br>12PM-12:45PM                                     | 9AM-10AM<br>MAT PILATES<br>AMANDA                | 10AM-11AM<br>VINYASA YOGA<br>(HEATED)         | 9AM-10AM<br>VINYASA YOGA +<br>SOUND BATH               | JESS<br>10:30AM-11:30AM<br>WATER AEROBICS                     | 10AM-10:30AM ( MORNING MEDITATION SHANDA               |
| 12PM-1PM VINYASA YOGA (HEATED) MARK           | PILATES CURIOUS ARMANDE 12PM-1PM                         | 10AM-10:45AM Q<br>AQUA HIIT<br>PATRICIA          | 10:30AM-11:30AM ON WATER AEROBICS             | 9:30AM-10:30AM RISE WITHIN YOGA AMY                    | MAYA  11AM-12:15PM FEEL GOOD FLOW                             | 10:30AM-11AM<br>TRAIIN EXPRESS:<br>LOWER BODY          |
| 5PM-5:45PM ARESTORATIVE YOGA                  | YOGA SCULPT<br>(HEATED)<br>EMELIE                        | 10:30M-11:30AM<br>BABY + ME PILATES<br>AMANDA    | TIM<br>12PM-12:30PM                           | 9:45AM-10:45AM<br>HIIT + YOGA COMBO<br>CLASS (HEATED)  | (HEATED)<br>OLIVIA  | ARIELLE  11AM-11:30AM ( TRAIIN EXPRESS: UPPE           |
| (HEATED)<br>KATHLEEN (sub)<br>5:30PM-6:30PM   | 5PM-6PM<br>VINYASA YOGA<br>(HEATED)                      | 11:15AM-11:45AM<br>MID-DAY RESET<br>ZACH (sub)   | PILATES CURIOUS ARMANDE 12PM-1PM              | MARK  10AM-10:45AM AQUA HIIT                           | 11:30AM-12:30PM<br>REIKI TUNEUP + GUIDED<br>MEDITATION<br>SKY | BODY + ABS<br>ARIELLE<br>11:15AM-12:30PM               |
| WATER AEROBICS<br>ASHLEY<br>6PM-7PM           | 6:15PM-7:15PM<br>MAT PILATES                             | 12PM-1PM<br>FEEL GOOD FLOW<br>(HEATED)           | YOGA SCULPT<br>(HEATED)<br>CHELSEA            | PATRICIA  11:15AM-11:45AM ()  MID-DAY RESET            | 12:45PM-1:45PM<br>YOGA RESET<br>EMELIE                        | SUNDAY YOGA RITUAL<br>LIVI                             |
| AFRO BEATS SCULPT<br>+ YOGA<br>KIM<br>6PM-7PM | MARIBETH 5PM-5:45PM CANDLELIT FLOW                       | OLIVIA<br>5PM-5:45PM<br>PULSE + TONE<br>(HEATED) | 5PM-5:45PM<br>YOGA CURIOUS<br>ZACH            | SHANDA  12PM-1PM  DANCE MEDICINE                       | LIVILLIE  | 11:45AM-12:45PM<br>SAMBA SWEAT + TONE<br>DEE           |
| VINYASA YOGA (HEATED) KATHLEEN                | <b>YOGA</b><br>KAITLYN                                   | ARMANDE  5PM-5:45PM  BREATHE + RESTORE           | 6PM-7PM<br>EMBODY<br>NIKI                     | SHANDA  12PM-1PM  VINYASA YOGA                         |   | 12PM-1PM<br>WATER AEROBICS<br>TAYLOR                   |
| 1   | 2  | 5:30PM-6:30PM WATER AEROBICS                     | 6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH      | MARK 4:30PM-5:30PM \$8 COMMUNITY YOGA                  |   | 1PM-2PM<br>VIBEY VINYASA<br>(HEATED)<br>ZACH           |
|   | 5.6  | 6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN    | 1   | GENERAL STAFF  |   | 1PM-2PM<br>INRHYTHM<br>EMELIE                          |