

MONDAY 6/2	TUESDAY 6/3	WEDNESDAY 6/4	THURSDAY 6/5	FRIDAY 6/6	SATURDAY 6/7	SUNDAY 6/8
8:30AM-9:30AM <b>LIFT (HEATED)</b> NIKI 🔥	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN 🔥	7:15AM-8AM <b>TRAINI (HEATED)</b> CLARE 🔥	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN 🔥	7:15AM-8AM <b>TRAINI (HEATED)</b> CLARE 🔥	8:15AM-9:30AM <b>HATHA FLOW (HEATED)</b> BROOKE 🔥	9:15AM-9:45AM <b>SUNDAY SOUND BATH</b> SKYE
9AM-9:45AM <b>AQUA HIIT</b> PATRICIA 💧	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 YOGA</b> KAITLYN	8:30AM-9:30AM <b>YOGA SCULPT (HEATED)</b> EMELIE (sub) 🔥	9:45AM-10:15AM <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> GISELLE	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: CHAPPELL IN THE CHAPEL</b> NIKI
12PM-12:45PM <b>DISCO AT THE BARRE</b> RACHEL	12PM-12:45PM <b>PILATES CURIOUS</b> ARMANDE	9AM-10AM <b>MAT PILATES</b> AMANDA	10AM-11AM <b>VINYASA 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>TRAINI EXPRESS: LOWER BODY</b> ARIELLE ⌚
12PM-1PM <b>VINYASA YOGA (HEATED)</b> MARK 🔥	12PM-1PM <b>YOGA SCULPT (HEATED)</b> EMELIE 🔥	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA 💧	10:30AM-11:30AM <b>WATER AEROBICS: DANCE MUSIC DIVAS</b> TIM	9:30AM-10:30AM <b>RISE WITHIN YOGA</b> AMY	11AM-12:15PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA 🔥	11AM-11:30AM <b>TRAINI EXPRESS: UPPER BODY + ABS</b> ARIELLE ⌚
5PM-5:45PM <b>RESTORATIVE YOGA (HEATED)</b> KIM 🔥	5PM-6PM <b>VINYASA YOGA (HEATED)</b> KAITLYN 🔥	10:30M-11:30AM <b>BABY + ME PILATES</b> AMANDA	12PM-12:30PM <b>PILATES CURIOUS</b> ARMANDE	9:45AM-10:45AM <b>HIIT + YOGA COMBO CLASS (HEATED)</b> MARK 🔥	11:30AM-12:30PM <b>REIKI TUNEUP + GUIDED MEDITATION</b> SKY	11:15AM-12:15PM <b>SUNDAY YOGA RITUAL</b> ERICA
6PM-7PM <b>AFRO BEATS SCULPT</b> KIM ⭐	6:15PM-7:15PM <b>MAT PILATES</b> AMANDA (sub)	12PM-12:45PM <b>BARRE SCULPT</b> RACHEL	12PM-1PM <b>YOGA SCULPT (HEATED)</b> EMELIE (sub) 🔥	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA 💧	12:45PM-1:45PM <b>YOGA RESET: SADE + STRETCH</b> EMELIE	11:45AM-12:45PM <b>SAMBA SWEAT + TONE</b> DEE ⭐
6PM-7PM <b>VINYASA YOGA (HEATED)</b> KATHLEEN 🔥	6:15PM-7:15PM <b>CANDLELIT FLOW YOGA</b> KAITLYN	12PM-1PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA 🔥	5PM-5:45PM <b>YOGA CURIOUS</b> ZACH	11:15AM-11:45AM <b>MID-DAY RESET</b> SHANDA ⌚	2:30PM-4:30PM <b>TRE: TRAUMA RELEASE EXERCISE WORKSHOP</b> LAUREEN HERMANN	12PM-1PM <b>WATER AEROBICS</b> TAYLOR 💧
		5PM-5:45PM <b>PULSE + TONE (HEATED)</b> ARMANDE 🔥	6PM-7PM <b>LIFTunheated</b> NIKI	12PM-1PM <b>DANCE MEDICINE</b> SHANDA ⭐		1PM-2PM <b>VIBEY VINYASA (HEATED)</b> ZACH 🔥
		5PM-5:45PM <b>BREATHE + RESTORE</b> KATHLEEN	6PM-7PM <b>SLOW VIBEY VINYASA (HEATED)</b> ZACH 🔥	12PM-1PM <b>VINYASA YOGA</b> MARK		1PM-2PM <b>YOGA NIDRA</b> ASHLEY
		5:30PM-6:30PM <b>WATER AEROBICS</b> ARIELLE 💧		4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> GENERAL STAFF		
		6PM-7PM <b>CANDLELIT FLOW YOGA (HEATED)</b> KATHLEEN 🔥		5PM-6PM <b>PILATES x BALLET (HEATED)</b> ISABEL 🔥		
		6PM-7PM <b>REIKI TUNEUP + GUIDED MEDITATION</b> SKY		5:45PM-6:45PM <b>FLOATING SOUND BATH</b> CAROLINE CHIESA		
				7PM-8PM <b>FLOATING SOUND BATH</b> CAROLINE CHIESA		

- 🔥 Heated Class
- ⭐ Dance Class
- ⌚ 30 Minute Class
- 🌱 New Class
- 🌈 PRIDE
- 💧 Aqua Class
- 🌿 Free Community Class
- 👤 Event/Workshop

MONDAY 6/9	TUESDAY 6/10	WEDNESDAY 6/11	THURSDAY 6/12	FRIDAY 6/13	SATURDAY 6/14	SUNDAY 6/15
8:30AM-9:30AM <b>LIFT (HEATED)</b> NIKI 🔥	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> OLIVIA (sub) 🔥	7:15AM-8AM <b>TRAINI (HEATED)</b> CLARE 🔥	7:15AM-8AM <b>PULSE + TONE (HEATED)</b> MORGAN 🔥	7:15AM-8AM <b>TRAINI (HEATED)</b> CLARE 🔥	8:15AM-9:30AM <b>HATHA FLOW (HEATED)</b> KATHLEEN (sub) 🔥	9:15AM-9:45AM <b>SUNDAY SOUND BATH</b> SKYE
9AM-9:45AM <b>AQUA HIIT</b> PATRICIA 💧	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 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> CHELSEA (sub) 🔥
10AM-10:45AM <b>AQUA HIIT</b> PATRICIA 💧	9:30AM-10:30AM <b>VINYASA + ASHTANGA YOGA</b> GISELLE	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>ROUGE YOGA</b> JESS	10AM-11AM <b>EMBODY</b> NIKI
12PM-12:45PM <b>BARRE SCULPT</b> RACHEL	12PM-12:45PM <b>PILATES CURIOUS: BODY + SOUL</b> ARMANDE	9AM-10AM <b>MAT PILATES</b> AMANDA	10AM-11AM <b>VINYASA YOGA (HEATED)</b> KAITLYN 🔥	9AM-10AM <b>VINYASA YOGA + SOUND BATH</b> CAROLINE	10:30AM-11:30AM <b>WATER AEROBICS: WATER WERK!</b> MAYA 💧	10:30AM-11AM <b>TRAINI EXPRESS: LOWER BODY</b> ARIELLE ⌚
12PM-1PM <b>VINYASA YOGA (HEATED)</b> MARK 🔥	12PM-1PM <b>YOGA SCULPT (HEATED)</b> EMELIE 🔥	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA 💧	10:30AM-11:30AM <b>WATER AEROBICS</b> TIM	9:30AM-10:30AM <b>RISE WITHIN YOGA</b> ERICA (sub)	11AM-12:15PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	11AM-11:30AM <b>TRAINI EXPRESS: UPPER BODY + ABS</b> ARIELLE ⌚
5PM-5:45PM <b>RESTORATIVE YOGA (HEATED)</b> SKYE (sub) 🔥	5PM-6PM <b>VINYASA YOGA (HEATED)</b> KAITLYN 🔥	10:30M-11:30AM <b>BABY + ME PILATES</b> AMANDA	12PM-12:30PM <b>PILATES CURIOUS</b> ARMANDE	9:45AM-10:45AM <b>HIIT + YOGA COMBO CLASS (HEATED)</b> CHELSEA (sub) 🔥	11:30AM-12:30PM <b>REIKI TUNEUP + GUIDED MEDITATION</b> SKY	11:15AM-12:15PM <b>SUNDAY YOGA RITUAL</b> ERICA
5:30PM-6:30PM <b>PRENATAL YOGA</b> CHELSEA	6:15PM-7:15PM <b>DRAW YOUR ASS TO YOUR CLASS, PILATES QUEEN</b> MARIBETH 🔥	11:15AM-11:45AM <b>MID-DAY RESET</b> ZACH	12PM-1PM <b>YOGA SCULPT (HEATED): BOWIE + THE BOYS</b> CHELSEA 🔥	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA 💧	12:45PM-1:45PM <b>YOGA RESET</b> TALIA (sub)	11:45AM-12:45PM <b>SAMBA SWEAT + TONE</b> DEE ✨
6PM-7PM <b>VINYASA YOGA (HEATED)</b> KATHLEEN 🔥	6:15PM-7:15PM <b>CANDLELIT FLOW YOGA</b> KAITLYN	12PM-1PM <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA 🔥	5PM-5:45PM <b>YOGA CURIOUS</b> ZACH	11:15AM-11:45AM <b>MID-DAY RESET</b> SHANDA ⌚	2:30PM-3:30PM <b>TAI CHI FOUNDATIONS</b> HUZEFA 🌿	12PM-1PM <b>WATER AEROBICS</b> TAYLOR 💧
		5PM-5:45PM <b>PULSE + TONE (HEATED)</b> ARMANDE	6PM-7PM <b>LIFTUnheated</b> NIKI	12PM-1PM <b>DANCE MEDICINE</b> SHANDA ✨	5PM-9:30PM <b>CAMP SPYRE 2025</b> GENERAL STAFF 🌿	1PM-2PM <b>VIBEY VINYASA (HEATED)</b> ZACH 🔥
		5PM-5:45PM <b>BREATHE + RESTORE</b> KATHLEEN	6PM-7PM <b>SLOW VIBEY VINYASA (HEATED): LOVE IS LOVE</b> ZACH 🔥	12PM-1PM <b>VINYASA YOGA</b> ZACH (sub)		
		5:30PM-6:30PM <b>WATER AEROBICS</b> ARIELLE 💧		4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> GENERAL STAFF		
		6PM-7PM <b>CANDLELIT FLOW YOGA (HEATED)</b> KATHLEEN 🔥		5PM-6PM <b>PILATES x BALLET (HEATED)</b> ISABEL 🔥		
		6PM-7:15PM <b>FULL MOON REIKI + CACAO CEREMONY</b> SKY HARDISON				

- 🔥 Heated Class
- ⌚ 30 Minute Class
- 💧 Aqua Class
- ✨ Dance Class
- 🌿 Free Community Class
- 🌱 New Class
- 🌈 PRIDE
- 🕒 Event/Workshop



MONDAY 6/16	TUESDAY 6/17	WEDNESDAY 6/18	THURSDAY 6/19	FRIDAY 6/20	SATURDAY 6/21	SUNDAY 6/22
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAININ (HEATED) CLARE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAININ (HEATED) GENERAL STAFF	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH TARA (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 YOGA KATHLEEN (sub)	8:30AM-9:30AM YOGA SCULPT: GAGA + THE GIRLS (HEATED) CHELSEA	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED): NOLA QUEEN DIVAS ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA KATHLEEN (sub)	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11:15AM ROUGE 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) KATHLEEN (sub)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS ASHLEY	10:30AM-11AM TRAININ EXPRESS: LOWER BODY ARIELLE
12PM-12:45PM BARRE SCULPT RACHEL	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 ERICA (sub)	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	11AM-11:30AM TRAININ EXPRESS: UPPER BODY + ABS ARIELLE
12PM-1PM VINYASA YOGA (HEATED) AMINA (sub)	5PM-6PM VINYASA YOGA (HEATED): RADIATE YOUR RAINBOW KAITLYN	11:15AM-11:45AM MID-DAY RESET ZACH	12PM-12:30PM PILATES CURIOUS ARMANDE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) CHELSEA (sub)	12:45PM-1:45PM YOGA RESET EMELIE	11:15AM-12:15PM SUNDAY YOGA RITUAL ERICA
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-12:45PM BARRE SCULPT RACHEL	12PM-1PM YOGA SCULPT CHELSEA	10AM-10:45AM AQUA HIIT PATRICIA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
5:30PM-6:30PM PRENATAL YOGA CHELSEA	6:15PM-7:15PM 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		12PM-1PM WATER AEROBICS TAYLOR
6PM-7PM AFRO BEATS SCULPT KIM		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	12PM-1PM DANCE MEDICINE SHANDA		1PM-2PM VIBEY VINYASA (HEATED): PRIDE VIBE ZACH
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		5:30PM-6:30PM WATER AEROBICS: NOLA QUEEN DIVAS ARIELLE	6PM-7PM JUNETEENTH COMMUNITY RESTORATIVE YOGA (FREE) KIM	12PM-1PM VINYASA YOGA MARK		1PM-2PM YOGA NIDRA ASHLEY
		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		
				5:45PM-6:45PM FLOATING SOUND BATH CAROLINE CHIESA		
				7PM-8PM FLOATING SOUND BATH CAROLINE CHIESA		

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

MONDAY 6/23	TUESDAY 6/24	WEDNESDAY 6/25	THURSDAY 6/26	FRIDAY 6/27	SATURDAY 6/28	SUNDAY 6/29
8:15AM-9:15AM QI GONG (FREE) SCOTT	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAININ (HEATED) CLARE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAININ (HEATED) CLARE	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH SKYE
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 KATHLEEN (sub)	8:30AM-9:30AM YOGA SCULPT (HEATED) EMELIE (sub)	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED) EMELIE (sub)
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: PRIDE IN THE NAME OF LOVE KATIE	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11:15AM ROUGE YOGA JENN (sub)	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) KATHLEEN (sub)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS MAYA	10:30AM-11AM TRAIN EXPRESS: LOWER BODY ARIELLE
12PM-12:45PM BARRE SCULPT RACHEL	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): SLAY + NAMASTE OLIVIA	11AM-11:30AM TRAIN EXPRESS: UPPER BODY + ABS ARIELLE
12PM-1PM VINYASA YOGA (HEATED) MARK	5PM-6PM VINYASA YOGA (HEATED) KATHLEEN	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-12:30PM PILATES CURIOUS ARMANDE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) NIKI (sub)	12:45PM-1:45PM YOGA RESET EMELIE	11:15AM-12:15PM SUNDAY YOGA RITUAL ZACH
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	6:15PM-7:15PM MAT PILATES MARIBETH	11:15AM-11:45AM MID-DAY RESET ZACH	12PM-1PM YOGA SCULPT EMELIE (sub)	10AM-10:45AM AQUA HIIT PATRICIA		11:45AM-12:45PM SAMBA SWEAT + TONE DEE
6PM-7PM AFRO BEATS SCULPT KIM	6:15PM-7:15PM 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		12PM-1PM WATER AEROBICS: SPLASH ME BABY ONE MORE TIME TAYLOR
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN		5PM-5:45PM PULSE + TONE (HEATED): PILATES INFERNO ARMANDE	6PM-7PM LIFTunheated: KINGS OF PRIDE NIKI	12PM-1PM DANCE MEDICINE: PRIDE EDITION SHANDA		1PM-2PM VIBEY VINYASA (HEATED) ZACH
		5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		1PM-2PM INRYTHM EMELIE
		5:30PM-6:30PM WATER AEROBICS ARIELLE				
		6PM-7PM CANDLELIT FLOW YOGA (HEATED) KATHLEEN				
		6PM-7PM NEW MOON SOUND BATH CAROLINE				

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



MONDAY 5/26	TUESDAY 5/27	WEDNESDAY 5/28	THURSDAY 5/29	FRIDAY 5/30	SATURDAY 5/31	SUNDAY 6/1
 CLOSED FOR MEMORIAL DAY --- WISHING YOU A RESTFUL HOLIDAY!	7:15AM-8AM  <b>PULSE + TONE (HEATED)</b> MORGAN	7:15AM-8AM  <b>TRAINI (HEATED)</b> CLARE	7:15AM-8AM  <b>PULSE + TONE (HEATED)</b> MORGAN	8:30AM-9:30AM  <b>YOGA SCULPT (HEATED)</b> CHELSEA	8:15AM-9:30AM  <b>HATHA FLOW (HEATED)</b> BROOKE	9:15AM-9:45AM <b>SUNDAY SOUND BATH</b> SKYE
	8:15AM-9:30AM  <b>POWER FLOW YOGA (HEATED)</b> OLIVIA (sub)	8:30AM-9:30AM <b>THERAPEUTIC YOGA</b> JENN	8:30AM-9:30AM <b>VINYASA YOGA</b> KAITLYN	9AM-9:45AM  <b>AQUA HIIT</b> PATRICIA	9:45AM-10:30AM  <b>PULSE + TONE (HEATED)</b> ARMANDE	9:15AM-10:15AM  <b>YOGA SCULPT (HEATED)</b> ARIELLE
	9:30AM-10:30AM <b>VINYASA + ASHTANGA YOGA</b> GISELLE	9AM-9:45AM  <b>AQUA HIIT</b> PATRICIA	9:45AM-10:45AM <b>THE WORKOUT WITHIN</b> KATIE	9AM-10AM <b>VINYASA YOGA + SOUND BATH</b> CAROLINE	10AM-11:15AM <b>ROGUE YOGA</b> JESS	10AM-11AM <b>EMBODY</b> NIKI
	12PM-12:45PM <b>PILATES CURIOUS</b> ARMANDE	9AM-10AM <b>MAT PILATES</b> AMANDA	10AM-11AM  <b>VINYASA YOGA (HEATED)</b> KAITLYN	9:30AM-10:30AM <b>RISE WITHIN YOGA</b> AMY	10:30AM-11:30AM  <b>WATER AEROBICS</b> MAYA	10:30AM-11AM  <b>TRAINI EXPRESS: LOWER BODY</b> ARIELLE
	12PM-1PM  <b>YOGA SCULPT (HEATED)</b> EMELIE	10AM-10:45AM <b>AQUA HIIT</b> PATRICIA	10:30AM-11:30AM  <b>WATER AEROBICS</b> TIM	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>TRAINI EXPRESS: UPPER BODY + ABS</b> ARIELLE
	5PM-6PM  <b>VINYASA YOGA (HEATED)</b> KAITLYN	10:30M-11:30AM <b>BABY + ME PILATES</b> AMANDA	12PM-12:30PM <b>PILATES CURIOUS</b> ARMANDE	10AM-10:45AM  <b>AQUA HIIT</b> PATRICIA	12:45PM-1:45PM <b>YOGA RESET</b> EMELIE	11:15AM-12:15PM <b>SUNDAY YOGA RITUAL</b> ERICA
	6:15PM-7:15PM <b>MAT PILATES</b> MARIBETH	11:15AM-11:45AM <b>MID-DAY RESET</b> SHANDA	12PM-1PM  <b>YOGA SCULPT (HEATED)</b> CHELSEA	11:15AM-11:45AM  <b>MID-DAY RESET</b> SHANDA		11:45AM-12:45PM  <b>SAMBA SWEAT + TONE</b> DEE
	6:15PM-7:15PM <b>CANDLELIT FLOW YOGA</b> KAITLYN	12PM-12:45PM <b>BARRE SCULPT</b> RACHEL	5PM-5:45PM <b>YOGA CURIOUS</b> ZACH	12PM-1PM <b>DANCE MEDICINE</b> SHANDA		12PM-1PM  <b>WATER AEROBICS</b> TAYLOR
		12PM-1PM  <b>FEEL GOOD FLOW (HEATED)</b> OLIVIA	6PM-7PM <b>LIFT</b> NIKI	12PM-1PM <b>VINYASA YOGA</b> MARK		1PM-2PM  <b>VIBEY VINYASA (HEATED)</b> ZACH
		5PM-5:45PM <b>PULSE + TONE (HEATED)</b> ARMANDE	6PM-7PM  <b>SLOW VIBEY VINYASA (HEATED)</b> ZACH	4:30PM-5:30PM <b>\$8 COMMUNITY YOGA</b> GENERAL STAFF		1PM-2PM <b>INRHYTHM</b> EMELIE
		5PM-5:45PM <b>BREATHE + RESTORE</b> KATHLEEN		5PM-6PM  <b>PILATES x BALLET (HEATED)</b> ISABEL		
		5:30PM-6:30PM  <b>WATER AEROBICS</b> TAYLOR				
		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