SDVI'E Weekly Class Schedule

MEDITATION SKY

JUNE 2025

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١	MONDAY 6/2	TUESDAY 6/3	WEDNESDAY 6/4	THURSDAY 6/5	FRIDAY 6/6	SATURDAY 6/7	SUNDAY 6/8
	:30AM -9:30AM 🔥 LIFT (HEATED) NIKI	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) CLARE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) CLARE	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH SKYE
	9AM-9:45AM Qol AQUA HIIT PATRICIA	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 A YOGA SCULPT (HEATED) EMELIE (sub)	9:45AM-10:30AM APPLISE + TONE (HEATED)	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
	OAM-10:45AM QOL AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM AQUA HIIT PATRICIA 9AM-10AM	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM AQUA HIIT PATRICIA	ARMANDE 10AM-11:15AM ROGUE YOGA JESS	10AM-11AM EMBODY: CHAPPELL IN THE CHAPEL
DISC	O AT THE BARRE RACHEL	GISELLE 12PM-12:45PM PILATES CURIOUS	MAT PILATES AMANDA 10AM-10:45AM	10AM-11AM VINYASA YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM OC WATER AEROBICS MAYA	NIKI 10:30AM-11AM TRAIIN EXPRESS: LOWER BODY
	NYASA YOGA (HEATED) MARK 5PM-5:45PM	12PM-1PM YOGA SCULPT (HEATED)	AQUA HIIT PATRICIA 10:30M-11:30AM BABY + ME PILATES	10:30AM-11:30AM WATER AEROBICS: DANCE MUSIC DIVAS TIM	9:30AM-10:30AM RISE WITHIN YOGA AMY 9:45AM-10:45AM	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	ARIELLE 11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS
	TORATIVE YOGA (HEATED) KIM 6PM-7PM	5PM-6PM VINYASA YOGA (HEATED)	AMANDA 11:15AM-11:45AM MID-DAY RESET ZACH	12PM-12:30PM PILATES CURIOUS ARMANDE 12PM-1PM	HIIT + YOGA COMBO CLASS (HEATED) MARK 10AM-10:45AM AQUA HIIT	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	ARIELLE 11:15AM-12:15PM SUNDAY YOGA RITUAL ERICA
	BEATS SCULPT KIM 6PM-7PM INYASA YOGA	6:15PM-7:15PM MAT PILATES AMANDA (sub)	12PM-12:45PM BARRE SCULPT RACHEL 12PM-1PM	YOGA SCULPT (HEATED) EMELIE (sub) 5PM-5:45PM	PATRICIA 11:15AM-11:45AM () MID-DAY RESET	12:45PM-1:45PM YOGA RESET: SADE + STRETCH EMELIE	11:45AM-12:45PM ** SAMBA SWEAT + TONE DEE
	(HEATED) KATHLEEN	6:15PM-7:15PM CANDLELIT FLOW YOGA	FEEL GOOD FLOW (HEATED) OLIVIA	YOGA CURIOUS ZACH 6PM-7PM	SHANDA 12PM-1PM DANCE MEDICINE SHANDA	2:30PM-4:30PM TRE: TRAUMA RELEASE EXERCISE WORKSHOP	12PM-1PM Q WATER AEROBICS TAYLOR
		KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	LIFTunheated NIKI 6PM-7PM	12PM-1PM VINYASA YOGA MARK	LAUREEN HERMANN	1PM-2PM VIBEY VINYASA (HEATED) ZACH
			5PM-5:45PM BREATHE + RESTORE KATHLEEN	SLOW VIBEY VINYASA (HEATED) ZACH	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		1PM-2PM YOGA NIDRA ASHLEY
			5:30PM-6:30PM ON WATER AEROBICS ARIELLE 6PM-7PM		5PM-6PM PILATES × BALLET (HEATED) ISABEL	heated Class	* Dance Class
			CANDLELIT FLOW (1) YOGA (HEATED) KATHLEEN 6PM-7PM		5:45PM-6:45PM FLOATING SOUND BATH CAROLINE CHIESA 7PM-8PM	PRIDE	Qua Class
			REIKI TUNEUP + GUIDED		FLOATING SOUND BATH	Free Communit	y Fvent/Worksho

CAROLINE CHIESA

SDYFE Weekly Class Schedule

JUNE 2025

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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 🔥 LIFT (HEATED) NIKI	7:15AM-8AM PULSE + TONE (HEATED) OLIVIA (sub)	7:15AM-8AM TRAIIN (HEATED) CLARE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) CLARE	8:15AM-9:30AM HATHA FLOW (HEATED) KATHLEEN (sub)	9:15AM-9:45AM SUNDAY SOUND BATH SKYE
9AM-9:45AM QO AQUA HIIT PATRICIA	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN 9AM-9:45AM	8:30AM-9:30AM VINYASA YOGA KAITLYN	8:30AM-9:30AM (A) YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM A YOGA SCULPT (HEATED) CHELSEA (sub)
10AM-10:45AM AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	9AM-9:45AM Qo AQUA HIIT PATRICIA	10AM-11:15AM ROUGE YOGA IESS	10AM-11AM EMBODY NIKI
12PM-12:45PM BARRE SCULPT RACHEL 12PM-1PM	GISELLE 12PM-12:45PM PILATES CURIOUS:	9AM-10AM MAT PILATES AMANDA 10AM-10:45AM	10AM-11AM VINYASA YOGA (HEATED) KAITLYN	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS: WATER WERK!	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE
VINYASA YOGA (HEATED) MARK	BODY + SOUL ARMANDE 12PM-1PM YOGA SCULPT	AQUA HIIT PATRICIA 10:30M-11:30AM	10:30AM-11:30AM WATER AEROBICS TIM	9:30AM-10:30AM RISE WITHIN YOGA ERICA (sub)	MAYA 11AM-12:15PM FEEL GOOD FLOW (HEATED)	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS
5PM-5:45PM RESTORATIVE YOGA (HEATED) SKYE (sub)	(HEATED) EMELIE 5PM-6PM VINYASA YOGA	BABY + ME PILATES AMANDA 11:15AM-11:45AM MID-DAY RESET	12PM-12:30PM PILATES CURIOUS ARMANDE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) CHELSEA (sub)	OLIVIA 11:30AM-12:30PM REIKI TUNEUP + GUIDED	ARIELLE 11:15AM-12:15PM SUNDAY YOGA RITUAL ERICA
5:30PM-6:30PM PRENATAL YOGA CHELSEA	(HEATED) KAITLYN 6:15PM-7:15PM	ZACH 12PM-12:45PM BARRE SCULPT	12PM-1PM YOGA SCULPT (HEATED): BOWIE	10AM-10:45AM AQUA HIIT PATRICIA	MEDITATION SKY 12:45PM-1:45PM	11:45AM-12:45PM * SAMBA SWEAT + TONE DEE
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN	DRAG YOUR ASS TO CLASS, PILATES QUEEN MARIBETH	RACHEL 12PM-1PM FEEL GOOD FLOW	+ THE BOYS CHELSEA 5PM-5:45PM YOGA CURIOUS	11:15AM-11:45AM (\) MID-DAY RESET SHANDA	YOGA RESET TALIA (sub) 2:30PM-3:30PM TAI CHI FOUNDATIONS	12PM-1PM WATER AEROBICS TAYLOR
NOT TELEST	6:15PM-7:15PM CANDLELIT FLOW YOGA	(HEATED) OLIVIA 5PM-5:45PM PULSE + TONE	ZACH 6PM-7PM LIFTunheated	12PM-1PM * DANCE MEDICINE SHANDA	HUZEFA 5PM-9:30PM CAMP SPYRE 2025	1PM-2PM VIBEY VINYASA (HEATED)
	KAITLYN	(HEATED) ARMANDE 5PM-5:45PM	NIKI 6PM-7PM SLOW VIBEY VINYASA	12PM-1PM VINYASA YOGA ZACH (sub)	GENERAL STAFF	ZACH
		BREATHE + RESTORE KATHLEEN 5:30PM-6:30PM	(HEATED): LOVE IS LOVE ZACH	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		7
		WATER AEROBICS ARIELLE 6PM-7PM		5PM-6PM PILATES x BALLET (HEATED) ISABEL	Heated Class 30 Minute Clas	* Dance Class
		CANDLELIT FLOW YOGA (HEATED) KATHLEEN 6PM-7:15PM			PRIDE Free Communit	Aqua Class
		FULL MOON REIKI +			Class	Event/Workshop

CACAO CEREMONY SKY HARDISON SDYFE Weekly Class Schedule

JUNE 2025

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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 TRAIIN (HEATED) CLARE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED) GENERAL STAFF 8:30AM-9:30AM	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)	YOGA SCULPT: GAGA + THE GIRLS (HEATED)	9:45AM-10:30AM PULSE + TONE (HEATED)	9:15AM-10:15AM YOGA SCULPT (HEATED): NOLA QUEE
9AM-9:45AM QO AQUA HIIT PATRICIA	9:30AM-10:30AM VINYASA + ASHTANGA YOGA	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN KATIE	CHELSEA 9AM-9:45AM AQUA HIIT PATRICIA	ARMANDE 10AM-11:15AM ROUGE YOGA JESS	DIVAS ARIELLE 10AM-11AM EMBODY
10AM-10:45AM Q0 AQUA HIIT PATRICIA	KATHLEEN (sub) 12PM-12:45PM PILATES CURIOUS	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA YOGA (HEATED)	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS ASHLEY	NIKI 10:30AM-11AM TRAIIN EXPRESS:
12PM-12:45PM BARRE SCULPT RACHEL	ARMANDE 12PM-1PM YOGA SCULPT	10AM-10:45AM QQUA HIIT PATRICIA 11:15AM-11:45AM	10:30AM-11:30AM WATER AEROBICS	9:30AM-10:30AM RISE WITHIN YOGA ERICA (sub)	11AM-12:15PM 6	ARIELLE 11AM-11:30AM TRAIIN EXPRESS: UPP
VINYASA YOGA (HEATED) AMINA (sub)	(HEATED) EMELIE 5PM-6PM VINYASA YOGA	MID-DAY RESET ZACH 12PM-12:45PM	TIM 12PM-12:30PM PILATES CURIOUS	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) CHELSEA (sub)	OLIVIA 12:45PM-1:45PM YOGA RESET	BODY + ABS ARIELLE 11:15AM-12:15PM
5PM-5:45PM ARESTORATIVE YOGA (HEATED)	(HEATED): RADIATE YOUR RAINBOW KAITLYN	BARRE SCULPT RACHEL 12PM-1PM	ARMANDE 12PM-1PM YOGA SCULPT CHELSEA	10AM-10:45AM QO AQUA HIIT PATRICIA	EMELIE	SUNDAY YOGA RITUA ERICA 11:45AM-12:45PM
5:30PM-6:30PM PRENATAL YOGA CHELSEA	6:15PM-7:15PM MAT PILATES MARIBETH 6:15PM-7:15PM	FEEL GOOD FLOW (HEATED) OLIVIA 5PM-5:45PM	5PM-5:45PM YOGA CURIOUS ZACH	11:15AM-11:45AM (\) MID-DAY RESET SHANDA		SAMBA SWEAT + TOP DEE 12PM-1PM
6PM-7PM *	CANDLELIT FLOW YOGA KAITLYN	PULSE + TONE (HEATED) ARMANDE	6PM-7PM SLOW VIBEY VINYASA (HEATED)	12PM-1PM * DANCE MEDICINE SHANDA		WATER AEROBICS TAYLOR 1PM-2PM
6PM-7PM VINYASA YOGA	A	5PM-5:45PM BREATHE + RESTORE KATHLEEN	ZACH 6PM-7PM JUNETEENTH	12PM-1PM VINYASA YOGA MARK		VIBEY VINYASA (HEATED): PRIDE VIE ZACH
(HEATED) KATHLEEN	5:30PM-6:30PM WATER AEROBICS: NOLA QUEEN DIVAS ARIELLE	COMMUNITY RESTORATIVE YOGA (FREE) KIM	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		1PM-2PM YOGA NIDRA ASHLEY	
		6PM-7PM CANDLELIT FLOW YOGA (HEATED)	KIM	5:45PM-6:45PM FLOATING SOUND BATH CAROLINE CHIESA	heated Class	* Dance Clas
		KATHLEEN		7PM-8PM FLOATING SOUND BATH CAROLINE CHIESA	(V) 30 Minute Class PRIDE	New Class Aqua Class

SDYFE Weekly Class Schedule

JUNE 2025

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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 TRAIIN (HEATED) CLARE	7:15AM-8AM PULSE + TONE (HEATED) MORGAN	7:15AM-8AM TRAIIN (HEATED)	8:15AM-9:30AM HATHA FLOW (HEATED) BROOKE	9:15AM-9:45AM SUNDAY SOUND BATH SKYE
8:30AM -9:30AM (A) LIFT (HEATED) NIKI	8:15AM-9:30AM POWER FLOW YOGA (HEATED) KATHLEEN	8:30AM-9:30AM THERAPEUTIC YOGA JENN 9AM-9:45AM	8:30AM-9:30AM VINYASA YOGA KATHLEEN (sub)	8:30AM-9:30AM AYOGA 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	AQUA HIIT PATRICIA	9:45AM-10:45AM THE WORKOUT WITHIN: PRIDE IN THE NAME OF LOVE	9AM-9:45AM Qo AQUA HIIT PATRICIA	10AM-11:15AM ROUGE YOGA JENN (sub)	10AM-11AM EMBODY NIKI
10AM-10:45AM QO AQUA HIIT PATRICIA	TARA 12PM-12:45PM PILATES CURIOUS	MAT PILATES AMANDA 10AM-10:45AM	KATIE 10AM-11AM VINYASA YOGA	9AM-10AM VINYASA YOGA + SOUND BATH CAROLINE	10:30AM-11:30AM O WATER AEROBICS MAYA	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY ARIELLE
12PM-12:45PM BARRE SCULPT RACHEL 12PM-1PM	ARMANDE 12PM-1PM YOGA SCULPT (HEATED)	AQUA HIIT PATRICIA 10:30M-11:30AM	(HEATED) KATHLEEN (sub)	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED):	11AM-11:30AM () TRAIIN EXPRESS: UPPER BODY + ABS
VINYASA YOGA (HEATED) MARK	EMELIE 5PM-6PM VINYASA YOGA (HEATED)	BABY + ME PILATES AMANDA 11:15AM-11:45AM MID-DAY RESET	WATER AEROBICS TIM 12PM-12:30PM	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) NIKI (sub)	SLAY + NAMASTE OLIVIA 12:45PM-1:45PM YOGA RESET	ARIELLE 11:15AM-12:15PM SUNDAY YOGA RITUAL ZACH
5PM-5:45PM RESTORATIVE YOGA (HEATED) KIM	KATHLEEN 6:15PM-7:15PM MAT PILATES	ZACH 12PM-12:45PM BARRE SCULPT	PILATES CURIOUS ARMANDE 12PM-1PM	10AM-10:45AM QQA HIIT PATRICIA	EMELIE	11:45AM-12:45PM * SAMBA SWEAT + TONE DEE
6PM-7PM ** AFRO BEATS SCULPT KIM	MARIBETH 6:15PM-7:15PM CANDLELIT FLOW YOGA KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED)	YOGA SCULPT EMELIE (sub) 5PM-5:45PM YOGA CURIOUS ZACH	11:15AM-11:45AM (\) MID-DAY RESET SHANDA 12PM-1PM		12PM-1PM WATER AEROBICS: SPLASH ME BABY ONE MORE TIME
6PM-7PM VINYASA YOGA (HEATED) KATHLEEN	IONIEM	OLIVIA 5PM-5:45PM PULSE + TONE (HEATED): PILATES INFERNO	6PM-7PM LIFTunheated: KINGS OF PRIDE NIKI	DANCE MEDICINE: PRIDE EDITION SHANDA 12PM-1PM VINYASA YOGA		TAYLOR 1PM-2PM VIBEY VINYASA (HEATED) ZACH
		ARMANDE 5PM-5:45PM BREATHE + RESTORE KATHLEEN	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACH	TALIA (sub) 4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		1PM-2PM INRYTHM EMELIE
		5:30PM-6:30PM O WATER AEROBICS ARIELLE	ZACH	SENCIVESTAL	heated Class	* Dance Class
		6PM-7PM CANDLELIT FLOW (A YOGA (HEATED)			(V) 30 Minute Class PRIDE	New Class Aqua Class
		KATHLEEN 6PM-7PM	110		Free Communit	y Event/Worksho

NEW MOON SOUND BATH CAROLINE Spyre Weekly Class Schedule

MAY 2025

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