

MONDAY 8/3	TUESDAY 8/4	WEDNESDAY 8/5	THURSDAY 8/6	FRIDAY 8/7	SATURDAY 8/8	SUNDAY 8/9
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) DANA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	6:15AM-7AM GROUP WEIGHT TRAINING BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) TARA	9AM-9:30AM SUNDAY SOUND BATH SKYE
8:30AM-9:30AM LIFT (HEATED) NIKI	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN	7:15AM-8AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) BRANDON	9:30AM-10:30AM KUNDALINI MET	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	8:30AM-9:30AM BARRE + TONE ADDIE	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	8:30AM-9:30AM VINYASA RITUAL KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:30AM-10:30AM PRENATAL YOGA CHELSEA
10AM-10:45AM AQUA HIIT PATRICIA	9AM-10AM INTRO TO GYROKINESIS® CATHERINE	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL (HEATED) KAITLYN	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL EMELIE (sub)	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY DANA
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA	10AM-11AM ROOT TO RISE FLOW (HEATED) ERICA (sub)	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM	9:30AM-10:30AM KUNDALINI YOGA MET	10:30AM-11:30AM WATER AEROBICS MAYA	10:45AM-11:45AM POSTPARTUM STRENGTH CHELSEA
11:15AM-11:45AM MID-DAY RESET ZUYAPA	12PM-12:45PM PILATES CORE ARMANDE	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) EMELIE (sub)	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS DANA
12PM-12:50PM BARRE + TONE ADDIE	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10:30M-11:30AM BABY + ME PILATES AMANDA	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 ERICA
12PM-1PM VINYASA YOGA (HEATED) MARK	5PM-6PM RESTORATIVE YOGA OLIVIA (sub)	11:15AM-11:45AM MID-DAY RESET ZACHARY	5PM-5:45PM BOX + BURN BRANDON	12PM-1PM VINYASA RITUAL TALIA (sub)	12:45PM-1:45PM YOGA RESET EMELIE	12PM-1PM WATER AEROBICS TAYLOR
5PM-5:45PM PULSE + TONE (HEATED) DANA	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	12PM-12:50PM BARRE + TONE RACHEL	5PM-6PM YOGA SCULPT (HEATED) EMELIE	12PM-1PM YOGALATES (HEATED) OLIVIA	2PM-2:45PM PULSE + TONE (HEATED) CANDIS	1PM-2:15PM VIBEY VINYASA (HEATED) OLIVIA (sub)
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM LIFT unheated NIKI	1:15PM-2PM PRIMAL FLOW TIM		1PM-2:15PM INRHYTHM EMELIE
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY	4:30PM-5:30PM \$8 COMMUNITY YOGA GISELLE		2:30PM-3:15PM PULSE + TONE (HEATED) OLIVIA (sub)
6:15PM-7:05PM BARRE + TONE DANA		5PM-5:45PM BREATHWORK KATHLEEN				
		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN				
		6PM-7PM WATER AEROBICS ASHLEY				



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 8/10	TUESDAY 8/11	WEDNESDAY 8/12	THURSDAY 8/13	FRIDAY 8/14	SATURDAY 8/15	SUNDAY 8/16
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) DANA	7:15AM-8AM PULSE + TONE (HEATED) DANA (sub)	6:15AM-7AM GROUP WEIGHT TRAINING BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) TARA	9AM-9:30AM SUNDAY SOUND BATH SKYE
8:30AM-9:30AM LIFT (HEATED) NIKI	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) MARIA (sub)	7:15AM-8AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) RACHEL (sub)	7:15AM-8AM TRAIIN (HEATED) BRANDON	9:30AM-10:30AM KUNDALINI MET	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
9AM-9:45AM AQUA HIIT PATRICIA	8:30AM-9:30AM BARRE + TONE ADDIE	8:30AM-9:30AM YOGA SCULPT (HEATED) ARIELLE	8:30AM-9:30AM VINYASA RITUAL ADDIE (sub)	8:30AM-9:30AM YOGA SCULPT (HEATED) OLIVIA (sub)	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:30AM-10:30AM PRENATAL YOGA ADDIE (sub)
10AM-10:45AM AQUA HIIT PATRICIA	10AM-11AM ROOT TO RISE FLOW (HEATED) RACHEL (sub)	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL (HEATED) OLIVIA (sub)	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL ZACHARY (sub)	10AM-11AM EMBODY: THE WORKOUT NIKI
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA	12PM-12:45PM PILATES CORE ARMANDE	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM	9AM-10AM MEDITATION + BREATH WORK FOR NATIONAL WELLNESS MONTH ERICA	10:30AM-11:30AM WATER AEROBICS ASHLEY (sub)	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY BRIGETTE (sub)
11:15AM-11:45AM MID-DAY RESET ERICA (sub)	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	9:30AM-10:30AM KUNDALINI YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:45AM-11:45AM POSTPARTUM STRENGTH ADDIE (sub)
12PM-12:50PM BARRE + TONE ADDIE	5PM-6PM RESTORATIVE YOGA RACHEL (sub)	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) OLIVIA (sub)	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS BRIGETTE (sub)
12PM-1PM VINYASA YOGA (HEATED) MARIA (sub)	5PM-6PM VINYASA RITUAL (HEATED) OLIVIA (sub)	11:15AM-11:45AM MID-DAY RESET ZACHARY	5PM-5:45PM BOX + BURN BRANDON	10AM-10:45AM AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET ERICA (sub)	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
5PM-5:45PM PULSE + TONE (HEATED) DANA	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-12:50PM BARRE + TONE RACHEL	5PM-6PM YOGA SCULPT (HEATED) NIKI (sub)	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) CANDIS	12PM-1PM WATER AEROBICS TAYLOR
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM CANDLELIT VINYASA RITUAL ADDIE (sub)	12PM-1PM FEEL GOOD FLOW(HEATED) OLIVIA	6PM-7PM LIFTunheated NIKI	12PM-1PM YOGALATES (HEATED) OLIVIA	2:30PM-3:30PM RESTORATIVE FASCIA WORKSHOP BRITTANY COUVILLION	12:15PM-1:15PM AWAKEN: MANIFESTATION CIRCLE JULIE
6PM-7PM VINYASA RITUAL (HEATED) ZACHARY (sub)		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY	1:15PM-2PM PRIMAL FLOW TIM		1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
6:15PM-7:05PM BARRE + TONE DANA		5PM-5:45PM BREATHWORK ERICA (sub)		4:30PM-5:30PM \$8 COMMUNITY YOGA ASHLEY		1PM-2PM YOGA NIDRA ASHLEY
		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) ZACHARY (sub)				2:30PM-3:15PM PULSE + TONE (HEATED) NIKI
		6PM-7PM WATER AEROBICS TAYLOR (sub)				
		6PM-7PM NEW MOON SOUND BATH CAROLINE CHIESA				



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 8/17	TUESDAY 8/18	WEDNESDAY 8/19	THURSDAY 8/20	FRIDAY 8/21	SATURDAY 8/22	SUNDAY 8/23
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) MARIA (sub)	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) CHELSEA (sub)	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	6:15AM-7AM GROUP WEIGHT TRAINING BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) STEPHANIE (sub)	9AM-9:30AM SUNDAY SOUND BATH SKYE
8:15AM-9:15AM QI GONG SCOTT	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN	7:15AM-8AM ARTICULATION ARMANDE	8:30AM -9:30AM LIFT (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) BRANDON	9:30AM-10:30AM KUNDALINI MET	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
8:30AM -9:30AM LIFT (HEATED) NIKI	8:30AM-9:30AM BARRE + TONE ADDIE	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	8:30AM-9:30AM VINYASA RITUAL KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:30AM-10:30AM PRENATAL YOGA CHELSEA
9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM ROOT TO RISE FLOW (HEATED) RACHEL (sub)	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL (HEATED) KAITLYN	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL LAURA	10AM-11AM EMBODY: THE WORKOUT NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM	9:30AM-10:30AM KUNDALINI YOGA AMY	10:30AM-11:30AM WATER AEROBICS ASHLEY	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY EMELIE (sub)
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11AM-12:15PM FEEL GOOD FLOW (HEATED) ZACHARY (sub)	10:45AM-11:45AM POSTPARTUM STRENGTH CHELSEA
11:15AM-11:45AM MID-DAY RESET ZUYAPA	5PM-6PM RESTORATIVE YOGA LAURA	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	10AM-10:45AM AQUA HIIT PATRICIA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS EMELIE (sub)
12PM-12:50PM BARRE + TONE ADDIE	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	11:15AM-11:45AM MID-DAY RESET ZACHARY	5PM-5:45PM BOX + BURN BRANDON	12PM-1PM VINYASA RITUAL MARK	12:45PM-1:45PM YOGA RESET EMELIE (sub)	11:15AM-12:30PM SUNDAY YOGA RITUAL ASHLEY (sub)
12PM-1PM VINYASA YOGA (HEATED) MARK	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-12:50PM BARRE + TONE RACHEL	5PM-6PM YOGA SCULPT (HEATED) EMELIE	1:15PM-2PM PRIMAL FLOW TIM	2PM-2:45PM PULSE + TONE (HEATED) CANDIS	12PM-1PM WATER AEROBICS KAITLYN
5PM-5:45PM PULSE + TONE (HEATED) BRIGETTE (sub)	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	12PM-1PM FEEL GOOD FLOW(HEATED) ZACHARY (sub)	6PM-7PM LIFTunheated NIKI	4:30PM-5:30PM \$8 COMMUNITY YOGA KAITLYN		1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
5:30PM-6:30PM PRENATAL PILATES AMANDA		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY			1PM-2:15PM INRHYTHM EMELIE
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		5PM-5:45PM BREATHWORK KATHLEEN				2:30PM-3:15PM PULSE + TONE (HEATED) EMELIE (sub)
6:15PM-7:05PM BARRE + TONE CANDIS (sub)		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN				
		6PM-7PM WATER AEROBICS TAYLOR (sub)				



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 8/24	TUESDAY 8/25	WEDNESDAY 8/26	THURSDAY 8/27	FRIDAY 8/28	SATURDAY 8/29	SUNDAY 8/30
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) CHELSEA (sub)	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	6:15AM-7AM GROUP WEIGHT TRAINING BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) ASHLEY (sub)	9AM-9:30AM SUNDAY SOUND BATH SKYE
8:15AM-9:15AM QI GONG SCOTT	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN	7:15AM-8AM ARTICULATION ARMANDE	8:30AM -9:30AM LIFT (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) BRANDON	9:30AM-10:30AM KUNDALINI MET	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
8:30AM -9:30AM LIFT (HEATED) NIKI	8:30AM-9:30AM BARRE + TONE ADDIE	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	8:30AM-9:30AM VINYASA RITUAL KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) EMELIE (sub)	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:30AM-10:30AM PRENATAL YOGA CHELSEA
9AM-9:45AM AQUA HIIT PATRICIA	9AM-10AM INTRO TO GYROKINESIS® CATHERINE	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL (HEATED) KAITLYN	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL LAURA	10AM-11AM EMBODY: THE WORKOUT NIKI
10AM-10:45AM AQUA HIIT PATRICIA	10AM-11AM ROOT TO RISE FLOW (HEATED) GISELLE	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM	9:30AM-10:30AM KUNDALINI YOGA AMY	10:30AM-11:30AM WATER AEROBICS ASHLEY	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY DANA
10:30AM-11:20AM YOGA STRETCH (HEATED) MIRAGE (sub)	12PM-12:45PM PILATES CORE ARMANDE	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11AM-12:15PM FEEL GOOD FLOW (HEATED) ZACHARY (sub)	10:45AM-11:45AM POSTPARTUM STRENGTH CHELSEA
11:15AM-11:45AM MID-DAY RESET ZUYAPA	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) NIKI (sub)	10AM-10:45AM AQUA HIIT PATRICIA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS DANA
12PM-12:50PM BARRE + TONE ADDIE	5PM-6PM RESTORATIVE YOGA LAURA	11:15AM-11:45AM MID-DAY RESET ZACHARY	5PM-5:45PM BOX + BURN BRANDON	12PM-1PM VINYASA RITUAL MARK	12:45PM-1:45PM YOGA RESET EMELIE	11:15AM-12:30PM SUNDAY YOGA RITUAL ADDIE (sub)
12PM-1PM VINYASA YOGA (HEATED) MARK	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	12PM-12:50PM BARRE + TONE RACHEL	5PM-6PM YOGA SCULPT (HEATED) EMELIE	1:15PM-2PM PRIMAL FLOW TIM	2PM-2:45PM PULSE + TONE (HEATED) CANDIS	12PM-1PM WATER AEROBICS KAITLYN
5PM-5:45PM PULSE + TONE (HEATED) BRIGETTE (sub)	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	12PM-1PM FEEL GOOD FLOW(HEATED) ZACHARY (sub)	6PM-7PM LIFTunheated NIKI	4:30PM-5:30PM \$8 COMMUNITY YOGA KAITLYN	12:15PM-1:15PM AWAKEN JULIE	12PM-1PM WATER AEROBICS KAITLYN
5:30PM-6:30PM PRENATAL PILATES AMANDA		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY	6PM-7:15PM FULL MOON: RESTORATIVE YOGA + HARP SOUND BATH CHARLOTTE + JOY	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY	12:15PM-1:15PM AWAKEN JULIE
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		5PM-5:45PM BREATHWORK KATHLEEN			1PM-2PM YOGA NIDRA ASHLEY	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
6:15PM-7:05PM BARRE + TONE CANDIS (sub)		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN			2:30PM-3:15PM PULSE + TONE (HEATED) NIKI	1PM-2PM YOGA NIDRA ASHLEY
		6PM-7PM WATER AEROBICS ASHLEY				2:30PM-3:15PM PULSE + TONE (HEATED) NIKI
		6PM-7PM TAI CHI FOUNDATIONS HUZEFA DOSSAJI				



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE