

MONDAY 3/30	TUESDAY 3/31	WEDNESDAY 4/1	THURSDAY 4/2	FRIDAY 4/3	SATURDAY 4/4	SUNDAY 4/5
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	7:15AM-8AM TRAIIN (HEATED) CLARE 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	6:15AM-7AM MORNING POWER CIRCUIT BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) TARA 🔥	9AM-9:30AM SUNDAY SOUND BATH SKYE 🕒
8:15AM-9:15AM QI GONG SCOTT 🌿	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) GISELLE (sub) 🔥	7:15AM-8AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) CLARE 🔥	7:15AM-8AM TRAIIN (HEATED) CLARE 🔥	9:30AM-10:30AM RISE WITHIN YOGA MET	9:15AM-10:15AM YOGA SCULPT (HEATED) EMELIE (sub) 🔥
8:30AM-9:30AM LIFT (HEATED) NIKI 🔥	8:30AM-9:30AM BARRE + TONE CLARE	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 💧	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	12PM-12:45PM PILATES CORE ARMANDE	9AM-10AM VINYASA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS ASHLEY (sub) 💧	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY EMELIE 🕒
10:30AM-11:20AM YOGA STRETCH (HEATED) KIM 🔥	12PM-12:45PM PILATES CORE ARMANDE	10AM-10:45AM AQUA HIIT PATRICIA 💧	12PM-1PM YOGA SCULPT (HEATED) CHELSEA 🔥	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS EMELIE 🕒
11:15AM-11:45AM MID-DAY RESET ZUYAPA 🕒	12PM-1PM YOGA SCULPT (HEATED) EMELIE 🔥	10:30AM-11:30AM BABY + ME PILATES AMANDA	5PM-5:45PM BOX + BURN BRANDON	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK 🔥	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE RACHEL	5PM-6PM RESTORATIVE YOGA LAURA	11:15AM-11:45AM MID-DAY RESET ZACHARY 🕒	5PM-6PM YOGA SCULPT (HEATED) EMELIE 🔥	10AM-10:45AM AQUA HIIT PATRICIA 💧	12:45PM-1:45PM YOGA RESET EMELIE	12PM-1PM WATER AEROBICS TAYLOR 💧
12PM-1PM VINYASA YOGA (HEATED) MARK 🔥	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN 🔥	12PM-12:50PM BARRE + TONE CLARE	6PM-7PM LIFTunheated CLARE (sub)	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) OLIVIA 🔥	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY 🔥
5PM-5:45PM PULSE + TONE (HEATED) CLARE 🔥	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY 🔥	12PM-1PM YOGALATES (HEATED) OLIVIA 🔥	1PM-2:15PM INRHYTHM EMELIE	1PM-2:15PM INRHYTHM EMELIE
5:30PM-6:30PM PRENATAL PILATES CHELSEA	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE 🔥		1:15PM-2:15PM PRIMAL FLOW TIM	2:30PM-3:15PM PULSE + TONE (HEATED) NIKI 🔥	
6PM-7PM BARRE + TONE CLARE		5PM-5:45PM BREATHWORK STEPHANIE (sub)		4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA		
6PM-7PM VINYASA RITUAL (HEATED) AMBER (sub)		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) OLIVIA (sub) 🔥				
		6PM-7:15PM FULL MOON REIKI + CACAO CEREMONY SKY HARDISON				

MONDAY 4/6	TUESDAY 4/7	WEDNESDAY 4/8	THURSDAY 4/9	FRIDAY 4/10	SATURDAY 4/11	SUNDAY 4/12
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	7:15AM-8AM TRAIIN (HEATED) CLARE 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	6:15AM-7AM MORNING POWER CIRCUIT BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) TARA 🔥	9AM-9:30AM SUNDAY SOUND BATH SKYE 🕒
8:15AM-9:15AM QI GONG SCOTT 🌿	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) ZACHARY (sub) 🔥	7:15AM-8AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) CLARE 🔥	7:15AM-8AM TRAIIN (HEATED) EMELIE (sub) 🔥	9:30AM-10:30AM RISE WITHIN YOGA MET	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE 🔥
8:30AM-9:30AM LIFT (HEATED) NIKI 🔥	8:30AM-9:30AM BARRE + TONE CLARE	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 💧	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 ZACHARY (sub)	10AM-11AM EMBODY: THE WORKOUT NIKI
10AM-10:45AM AQUA HIIT PATRICIA 💧	10AM-11AM ROOT TO RISE FLOW (HEATED) TARA (sub) 🔥	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM 💧	9AM-10AM VINYASA + SOUND BATH STEPHANIE (sub)	10:30AM-11:30AM WATER AEROBICS ARIELLE (sub) 💧	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY EMELIE 🕒
10:30AM-11:20AM YOGA STRETCH (HEATED) KIM 🔥	12PM-12:45PM PILATES CORE ARMANDE	10AM-10:45AM AQUA HIIT PATRICIA 💧	12PM-12:45PM PILATES CORE ARMANDE	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS EMELIE 🕒
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) CHELSEA 🔥	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK 🔥	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-12PM AWAKEN: A MANIFESTATION CIRCLE JULIE
12PM-12:50PM BARRE + TONE CLARE	5PM-6PM RESTORATIVE YOGA ASHLEY (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 EMELIE	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-1PM VINYASA YOGA (HEATED) MARK 🔥	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN 🔥	12PM-12:50PM BARRE + TONE CLARE	5PM-6PM YOGA SCULPT (HEATED) EMELIE 🔥	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) OLIVIA 🔥	12PM-1PM WATER AEROBICS TAYLOR 💧
5PM-5:45PM PULSE + TONE (HEATED) CLARE 🔥	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	6PM-7PM LIFTunheated NIKI	12PM-1PM YOGALATES (HEATED) OLIVIA 🔥	2:30PM-4:30PM SOLAR MAGIC NIKI + ZACHARY	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY 🔥
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE 🔥	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY 🔥	1:15PM-2:15PM PRIMAL FLOW TIM		1PM-2:15PM YOGA NIDRA ERICA (sub)
6PM-7PM BARRE + TONE CLARE		5PM-5:45PM BREATHWORK ERICA (sub)		4:30PM-5:30PM \$8 COMMUNITY YOGA AMBER		2:30PM-3:15PM PULSE + TONE (HEATED) NIKI 🔥
6PM-7PM VINYASA RITUAL (HEATED) TARA (sub)		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) TALIA (sub) 🔥				

MONDAY 4/13	TUESDAY 4/14	WEDNESDAY 4/15	THURSDAY 4/16	FRIDAY 4/17	SATURDAY 4/18	SUNDAY 4/19
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAIIN (HEATED) EMELIE (sub)	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	6:15AM-7AM MORNING POWER CIRCUIT BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) TARA	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) NIKI (sub)	7:15AM-8AM TRAIIN (HEATED) EMELIE (sub)	9:30AM-10:30AM RISE WITHIN YOGA MET	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
8:30AM -9:30AM LIFT (HEATED) NIKI	8:30AM-9:30AM BARRE + TONE ADDIE (sub)	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	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	9AM-10AM VINYASA + SOUND BATH CAROLINE	10:30AM-11:30AM WATER AEROBICS ASHLEY (sub)	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY EMELIE
10:30AM-11:20AM YOGA STRETCH (HEATED) KIM	12PM-12:45PM PILATES CORE ARMANDE	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS EMELIE
11:15AM-11:45AM MID-DAY RESET ERICA (sub)	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	12:45PM-1:45PM YOGA RESET EMELIE	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE ADDIE (sub)	5PM-6PM RESTORATIVE YOGA LAURA	11:15AM-11:45AM MID-DAY RESET ZACHARY	5PM-5:45PM BOX + BURN BRANDON	10AM-10:45AM AQUA HIIT PATRICIA	2PM-2:45PM PULSE + TONE (HEATED) OLIVIA	12PM-1PM WATER AEROBICS TAYLOR
12PM-1PM VINYASA YOGA (HEATED) MARK	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	12PM-12:50PM BARRE + TONE ARMANDE (sub)	5PM-6PM YOGA SCULPT (HEATED) EMELIE	12PM-1PM VINYASA RITUAL MARK	2:30PM-5PM SPRING RESET RETREAT KATHLEEN BARRY	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
5PM-5:45PM PULSE + TONE (HEATED) ARMANDE (sub)	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM LIFTunheated NIKI	12PM-1PM YOGALATES (HEATED) OLIVIA	1PM-2:15PM INRHYTHM EMELIE	1PM-2:15PM INRHYTHM EMELIE
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY	1:15PM-2:15PM PRIMAL FLOW TIM	2:30PM-3:15PM PULSE + TONE (HEATED) NIKI	2:30PM-3:15PM PULSE + TONE (HEATED) NIKI
6PM-7PM BARRE + TONE NIKI		5PM-5:45PM BREATHWORK KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA ASHLEY		
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN		6PM-7PM NEW MOON SOUND BATH CAROLINE		
		6PM-7PM REIKI TUNE-UP + GUIDED MEDITATION SKY HARDISON				

MONDAY 4/20	TUESDAY 4/21	WEDNESDAY 4/22	THURSDAY 4/23	FRIDAY 4/24	SATURDAY 4/25	SUNDAY 4/26
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	7:15AM-8AM TRAIIN (HEATED) EMELIE (sub) 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	6:15AM-7AM MORNING POWER CIRCUIT BRANDON	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) TARA 🔥	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) CLARE 🔥	7:15AM-8AM TRAIIN (HEATED) CLARE 🔥	9:30AM-10:30AM RISE WITHIN YOGA MET	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE 🔥
8:30AM -9:30AM LIFT (HEATED) NIKI 🔥	8:30AM-9:30AM BARRE + TONE ADDIE (sub)	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 💧	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	10:30AM-11AM TRAIIN EXPRESS: LOWER BODY EMELIE 🔥 🕒
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 💧	9AM-10AM VINYASA + SOUND BATH STEPHANIE (sub)	10:30AM-11:30AM WATER AEROBICS ASHLEY (sub) 💧	11AM-11:30AM TRAIIN EXPRESS: UPPER BODY + ABS EMELIE 🔥 🕒
10:30AM-11:20AM YOGA STRETCH (HEATED) KIM 🔥	12PM-12:45PM PILATES CORE ARMANDE	10AM-10:45AM AQUA HIIT PATRICIA 💧	12PM-12:45PM PILATES CORE ARMANDE	9:30AM-10:30AM RISE WITHIN YOGA AMY	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	11AM-12PM AWAKEN: A MANIFESTATION CIRCLE JULIE
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) JACQUELINE (sub) 🔥	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) CHELSEA (sub) 🔥	12:45PM-1:45PM YOGA RESET ASHLEY (sub)	11:15AM-12:30PM SUNDAY YOGA RITUAL ASHLEY (sub)
12PM-12:50PM BARRE + TONE ARMANDE (sub)	5PM-6PM RESTORATIVE YOGA LAURA	11:15AM-11:45AM MID-DAY RESET ZACHARY 🕒	5PM-5:45PM BOX + BURN BRANDON	10AM-10:45AM AQUA HIIT PATRICIA 💧	2PM-2:45PM PULSE + TONE (HEATED) OLIVIA 🔥	12PM-1PM WATER AEROBICS TAYLOR 💧
12PM-1PM VINYASA YOGA (HEATED) MARK 🔥	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN 🔥	12PM-12:50PM BARRE + TONE ADDIE (sub)	5PM-6PM YOGA SCULPT (HEATED) EMELIE 🔥	12PM-1PM VINYASA RITUAL MARIA (sub)		1PM-2:15PM VIBEY VINYASA (HEATED) OLIVIA (sub) 🔥
5PM-5:45PM PULSE + TONE (HEATED) HILLARY (sub) 🔥	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	6PM-7PM LIFTunheated NIKI	12PM-1PM YOGALATES (HEATED) OLIVIA 🔥		1PM-2:15PM YOGA NIDRA ASHLEY
5:30PM-6:30PM PRENATAL PILATES AMANDA	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE 🔥	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) KATHLEEN (sub) 🔥	1:15PM-2:15PM PRIMAL FLOW TIM		2:30PM-3:15PM PULSE + TONE (HEATED) OLIVIA (sub) 🔥
6PM-7PM BARRE + TONE NIKI		5PM-5:45PM BREATHWORK KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA STEPHANIE		
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN 🔥		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN 🔥				