

MONDAY 4/27	TUESDAY 4/28	WEDNESDAY 4/29	THURSDAY 4/30	FRIDAY 5/1	SATURDAY 5/2	SUNDAY 5/3
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) GISELLE (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) 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	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) HILLARY (sub)	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 STEPHANIE (sub)	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 TRAIN EXPRESS: LOWER BODY ARIELLE (sub)
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 TRAIN EXPRESS: UPPER BODY + ABS ARIELLE (sub)
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	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE CLARE	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	12:45PM-1:45PM YOGA RESET EMELIE	12PM-1PM WATER AEROBICS TAYLOR
12PM-1PM VINYASA YOGA (HEATED) GISELLE (sub)	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	12PM-1:250PM BARRE + TONE NIKI (sub)	5PM-6PM YOGA SCULPT (HEATED) EMELIE	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) EMELIE (sub)	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
5PM-5:45PM PULSE + TONE (HEATED) CLARE	6:15PM-7:15PM MAT PILATES MARBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM YOGA SCULPT (HEATED) NIKI	12PM-1PM YOGALATES (HEATED) OLIVIA		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
6PM-7PM BARRE + TONE DANA (sub)		5PM-5:45PM BREATHWORK KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA EMELIE		
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN				
		6PM-7PM TAI CHI FOUNDATIONS HUZEFA DOSSAJI				



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 5/4	TUESDAY 5/5	WEDNESDAY 5/6	THURSDAY 5/7	FRIDAY 5/8	SATURDAY 5/9	SUNDAY 5/10
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAINI (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) GISELLE (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) CLARE	7:15AM-8AM TRAINI (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	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) GISELLE	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 TRAINI EXPRESS: LOWER BODY ARIELLE (sub)
10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	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)	11AM-11:30AM TRAINI EXPRESS: UPPER BODY + ABS ARIELLE (sub)
10:30AM-11:20AM YOGA STRETCH (HEATED) ADDIE (sub)	12PM-1PM YOGA SCULPT (HEATED) EMELIE	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	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
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	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) CHELSEA (sub)	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	12PM-1PM WATER AEROBICS TAYLOR
12PM-12:50PM BARRE + TONE ADDIE (sub)	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	11:15AM-11:45AM MID-DAY RESET ZUYAPA (sub)	5PM-5:45PM BOX + BURN BRANDON	10AM-10:45AM AQUA HIIT PATRICIA	12:45PM-1:45PM YOGA RESET EMELIE	1PM-2:15PM VIBES VINYASA (HEATED) GISELLE (sub)
12PM-1PM VINYASA YOGA (HEATED) MARIA (sub)	6:15PM-7:15PM MAT PILATES MARIBETH	12PM-12:50PM BARRE + TONE ADDIE (sub)	5PM-6PM YOGA SCULPT (HEATED) EMELIE	12PM-1PM VINYASA RITUAL ASHLEY (sub)	2PM-2:45PM PULSE + TONE (HEATED) EMELIE (sub)	1PM-2:15PM YOGA NIDRA ERICA (sub)
5PM-5:45PM PULSE + TONE (HEATED) EMELIE (sub)	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6:15PM-7:15PM SLOW VIBES VINYASA (HEATED) KATHLEEN (sub)	12PM-1PM YOGALATES (HEATED) OLIVIA	2:30PM - 4PM THE REGULATED SELF: A NERVOUS SYSTEM RESET ERICA HOFF	2:30PM-3:15PM PULSE + TONE (HEATED) TALIA (sub)
5:30PM-6:30PM PRENATAL PILATES CHELSEA		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE		1:15PM-2:15PM PRIMAL FLOW TIM		
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		5PM-5:45PM BREATHWORK ERICA (sub)		4:30PM-5:30PM \$8 COMMUNITY YOGA ERICA		
		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) AMBER (sub)		5:45PM-6:45PM + 7PM-8PM FLOATING SOUND BATH SKYE WHITE		
		6PM-7PM SCHOOL TEACHER APPRECIATION YOGA TARA LOFTIS				

MONDAY 5/11	TUESDAY 5/12	WEDNESDAY 5/13	THURSDAY 5/14	FRIDAY 5/15	SATURDAY 5/16	SUNDAY 5/17
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAINI (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) KATHLEEN	7:15AM-8AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) CLARE	7:15AM-8AM TRAINI (HEATED) CLARE	9:30AM-10:30AM RISE WITHIN YOGA MET	9:15AM-10:15AM YOGA SCULPT (HEATED) CLARE (sub)
8:30AM-9:30AM LIFT (HEATED) GENERAL STAFF	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	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 TRAIN EXPRESS: LOWER BODY DANA (sub)
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA	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 TRAIN EXPRESS: UPPER BODY + ABS DANA (sub)
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	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE CLARE	5PM-6PM RESTORATIVE YOGA LAURA	11:15AM-11:45AM MID-DAY RESET ERICA	5PM-5:45PM BOX + BURN BRANDON	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 ADDIE (sub)	5PM-6PM YOGA SCULPT (HEATED) EMELIE	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) EMELIE (sub)	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
5PM-5:45PM PULSE + TONE (HEATED) CLARE	6:15PM-7:15PM MAT PILATES MARBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) EMELIE (sub)	12PM-1PM YOGALATES (HEATED) OLIVIA		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 DANA		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 CHIESA		
		6PM-7PM REIKI TUNEUP + GUIDED MEDITATION SKY HARDISON				



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 5/18	TUESDAY 5/19	WEDNESDAY 5/20	THURSDAY 5/21	FRIDAY 5/22	SATURDAY 5/23	SUNDAY 5/24
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) 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) ADDIE (sub)
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 STEPHANIE (sub)
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 TRAIN EXPRESS: LOWER BODY DANA (sub)
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA	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 TRAIN EXPRESS: UPPER BODY + ABS DANA (sub)
11:15AM-11:45AM MID-DAY RESET SHANDA (sub)	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) ADDIE (sub)	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 LAURA	11:15AM-11:45AM MID-DAY RESET ZACHARY (sub)	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 ASHLEY (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	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) EMELIE (sub)	12PM-1PM WATER AEROBICS TAYLOR
5PM-5:45PM PULSE + TONE (HEATED) CLARE	6:15PM-7:15PM MAT PILATES MARBETH	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	6PM-7PM LIFTunheated NIKI	12PM-1PM YOGALATES (HEATED) OLIVIA		1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
5:30PM-6:30PM PRENATAL PILATES RACHEL	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 ASHLEY
6PM-7PM BARRE + TONE DANA		5PM-5:45PM BREATHWORK KATHLEEN		4:30PM-5:30PM \$8 COMMUNITY YOGA TARA		2:30PM-3:15PM PULSE + TONE (HEATED) NIKI
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN		6PM-7:15PM RESTORATIVE YOGA + HARP SOUND BATH CHARLOTTE + JOY		
		6PM-7PM TAI CHI FOUNDATIONS HUZEFA DOSSAJI				

	MONDAY 5/25	TUESDAY 5/26	WEDNESDAY 5/27	THURSDAY 5/28	FRIDAY 5/29	SATURDAY 5/30	SUNDAY 5/31
<p>CLOSED FOR MEMORIAL DAY</p> <p>HAVE A RESTFUL HOLIDAY!</p>		7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	7:15AM-8AM TRAINI (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) KATHLEEN 🔥	9AM-9:30AM SUNDAY SOUND BATH SKYE ⌚
		8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN 🔥	7:15AM-8AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) CLARE	7:15AM-8AM TRAINI (HEATED) CLARE 🔥	9:30AM-10:30AM RISE WITHIN YOGA MET	9:15AM-10:15AM YOGA SCULPT (HEATED) CLARE (sub) 🔥
		8:30AM-9:30AM BARRE + TONE ADDIE 🔥	8:30AM-9:30AM YOGA SCULPT (HEATED) ADDIE (sub) 🔥	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-11AM ROOT TO RISE FLOW (HEATED) GISELLE 🔥	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 🔥
		12PM-12:45PM PILATES CORE ARMANDE	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM 🔥	9AM-10AM VINYASA + SOUND BATH CAROLINE 🔥	10:30AM-11:30AM WATER AEROBICS MAYA 🔥	10:30AM-11AM TRAINI EXPRESS: LOWER BODY DANA (sub) 🔥
		12PM-1PM YOGA SCULPT (HEATED) EMELIE 🔥	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 TRAINI EXPRESS: UPPER BODY + ABS DANA (sub) 🔥
		5PM-6PM RESTORATIVE YOGA LAURA	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	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
		5PM-6PM VINYASA RITUAL (HEATED) KAITLYN 🔥	11:15AM-11:45AM MID-DAY RESET ZACHARY (sub) ⌚	5PM-5:45PM BOX + BURN BRANDON	10AM-10:45AM AQUA HIIT PATRICIA 🔥	12:45PM-1:45PM YOGA RESET EMELIE	12PM-1PM WATER AEROBICS TAYLOR 🔥
		6:15PM-7:15PM MAT PILATES MARIBETH	12PM-12:50PM BARRE + TONE RACHEL 🔥	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	5PM-6PM YOGA SCULPT (HEATED) EMELIE 🔥	12PM-1PM VINYASA RITUAL MARK	1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY 🔥
		6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE 🔥	6PM-7PM LIFTunheated NIKI	6PM-7PM SLOW VIBEY VINYASA (HEATED) ZACHARY 🔥	12PM-1PM YOGALATES (HEATED) OLIVIA 🔥	1PM-2:15PM INRHYTHM EMELIE
		5PM-5:45PM BREATHWORK KATHLEEN	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY 🔥	1:15PM-2:15PM PRIMAL FLOW TIM	4:30PM-5:30PM \$8 COMMUNITY YOGA ERICA	2:30PM-3:15PM PULSE + TONE (HEATED) NIKI 🔥	
		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN		6PM-7:15PM FULL MOON MAGIC ZACHARY + NIKI			



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE