

MONDAY 9/28	TUESDAY 9/29	WEDNESDAY 9/30	THURSDAY 10/1	FRIDAY 10/2	SATURDAY 10/3	SUNDAY 10/4
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAIN (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	7:15AM-8AM PULSE + TONE (HEATED) CANDIS
8:15AM-9:15AM QI GONG SCOTT	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN	7:45AM-8:35AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) EMELIE	7:15AM-8AM TRAIN (HEATED) BRANDON	9:30AM-10:30AM KUNDALINI MET	9AM-9:30AM SUNDAY SOUND BATH SKYE
8:30AM-9:30AM LIFT (HEATED) NIKI	8:30AM-9:30AM BARRE + TONE ADDIE	8:30AM-9:30AM YOGA SCULPT (HEATED) EMELIE	8:30AM-9:30AM VINYASA RITUAL KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
8:30AM-9:30AM VINYASA RITUAL ADDIE (sub)	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	9:30AM-10:30AM PRENATAL YOGA CHELSEA
9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL LAURA	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM	9AM-10AM RESTORATIVE YOGA LAURA	10:30AM-11:30AM WATER AEROBICS ARIELLE (sub)	10:30AM-11AM TRAIN EXPRESS: LOWER BODY DANA
10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	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 CHELSEA
10:30AM-11:20AM YOGA STRETCH (HEATED) NIKI (sub)	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	11AM-11:30AM TRAIN EXPRESS: UPPER BODY + ABS DANA
11AM-11:45AM PRIMAL FLOW TIM	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	11:15AM-12:30PM SUNDAY YOGA RITUAL TALIA (sub)
11:15AM-11:45AM MID-DAY RESET ZUYAPA	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	12PM-12:50PM BARRE + TONE ADDIE (sub)	5PM-6PM YOGA SCULPT (HEATED) TALIA (sub)	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) CANDIS	12PM-1PM WATER AEROBICS KAITLYN
12PM-12:50PM BARRE + TONE ADDIE	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	5:30PM-6:30PM AWAKEN: A MANIFESTATION CIRCLE JULIE	12PM-1PM YOGALATES (HEATED) OLIVIA		1PM-2:15PM VIBEY VINYASA (HEATED) OLIVIA (sub)
12PM-1PM VINYASA YOGA (HEATED) MARK		5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) OLIVIA (sub)	4:30PM-5:30PM \$8 COMMUNITY YOGA GISELLE		1PM-2:15PM INRHYTHM: EMBODIED ASTROLOGY EMELIE
5PM-5:45PM PULSE + TONE (HEATED) DANA		5PM-5:45PM BREATHWORK KATHLEEN				2:30PM-3:15PM PULSE + TONE (HEATED) OLIVIA (sub)
5:30PM-6:30PM PRENATAL PILATES ADDIE		5:30PM-6:30PM WATER AEROBICS TAYLOR				
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN				
6:15PM-7:05PM BARRE + TONE MEGAN (sub)						



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9	SATURDAY 10/10	SUNDAY 10/11
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAINI (HEATED) DANA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAINI (HEATED) DANA (sub)	8:15AM-9:15AM ROOT TO RISE FLOW (HEATED) TARA	7:15AM-8AM PULSE + TONE (HEATED) CANDIS
8:15AM-9:15AM QI GONG SCOTT	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN	8:30AM-9:30AM YOGA SCULPT (HEATED) EMELIE	8:30AM-9:30AM LIFT (HEATED) EMELIE	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	9:30AM-10:30AM KUNDALINI MET	9AM-9:30AM SUNDAY SOUND BATH SKYE
8:30AM-9:30AM LIFT (HEATED) CHELSEA (sub)	8:30AM-9:30AM BARRE + TONE ADDIE	9AM-9:45AM AQUA HIIT PATRICIA	8:30AM-9:30AM VINYASA RITUAL KAITLYN	9AM-9:45AM AQUA HIIT PATRICIA	9:45AM-10:30AM PULSE + TONE (HEATED) ASHLEY (sub)	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
8:30AM-9:30AM VINYASA RITUAL MARIA	9AM-10AM INTRO TO GYROKINESIS® CATHERINE	9AM-10AM MAT PILATES AMANDA	10AM-11AM VINYASA RITUAL (HEATED) KAITLYN	9AM-10AM RESTORATIVE YOGA LAURA	10AM-11AM VINYASA RITUAL LAURA	9:30AM-10:30AM PRENATAL YOGA CHELSEA
9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL LAURA	10AM-10:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS TIM	9:30AM-10:30AM KUNDALINI YOGA AMY	10:30AM-11:30AM WATER AEROBICS MAYA	10AM-11AM EMBODY: THE WORKOUT NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE RACHEL (sub)	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-12:45PM PILATES CORE RACHEL (sub)	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10:30AM-11AM TRAINI EXPRESS: LOWER BODY DANA
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA	12PM-1PM YOGA SCULPT (HEATED) EMELIE	11:15AM-11:45AM MID-DAY RESET ZACHARY	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	10AM-10:45AM AQUA HIIT PATRICIA	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:45AM-11:45AM POSTPARTUM STRENGTH CHELSEA
11AM-11:45AM PRIMAL FLOW TIM	5PM-6PM RESTORATIVE YOGA LAURA	12PM-1PM FEEL GOOD FLOW(HEATED) OLIVIA	5PM-6PM YOGA SCULPT (HEATED) NIKI	12PM-1PM VINYASA RITUAL MARK	12:45PM-1:45PM YOGA RESET EMELIE	11AM-11:30AM TRAINI EXPRESS: UPPER BODY + ABS DANA
11:15AM-11:45AM MID-DAY RESET ZUYAPA	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	5:30PM-6:30PM AWAKEN: A MANIFESTATION CIRCLE JULIE	12PM-1PM YOGALATES (HEATED) OLIVIA	2PM-2:45PM PULSE + TONE (HEATED) CANDIS	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE ADDIE	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	5PM-5:45PM BREATHWORK KATHLEEN	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY	4:30PM-5:30PM \$8 COMMUNITY YOGA TALIA	6PM-7PM DETOX TWIST FLOW NATHALIE CROIX	12PM-1PM WATER AEROBICS KAITLYN
12PM-1PM VINYASA YOGA (HEATED) MARK	6:15PM-7:15PM YOGA SCULPT (HEATED) ALLISON	6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN	6:15PM-7:15PM CandleLIFT MARTHA	6PM-7PM NEW MOON SOUND BATH CAROLINE CHIESA		1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
5PM-5:45PM PULSE + TONE (HEATED) DANA						1PM-2PM YOGA NIDRA ASHLEY
5:30PM-6:30PM PRENATAL PILATES ADDIE						2:30PM-3:15PM PULSE + TONE (HEATED) NIKI
6PM-7PM VINYASA RITUAL(HEATED) KATHLEEN						
6:15PM-7:05PM BARRE + TONE DANA						



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 10/12	TUESDAY 10/13	WEDNESDAY 10/14	THURSDAY 10/15	FRIDAY 10/16	SATURDAY 10/17	SUNDAY 10/18
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) CHELSEA	7:15AM-8AM PULSE + TONE (HEATED) EMELIE	7:15AM-8AM TRAINI (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	7:15AM-8AM PULSE + TONE (HEATED) CANDIS
8:15AM-9:15AM QI GONG SCOTT	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN	7:45AM-8:35AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) EMELIE	7:15AM-8AM TRAINI (HEATED) BRANDON	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE	9AM-9:30AM SUNDAY SOUND BATH SKYE
8:30AM-9:30AM LIFT (HEATED) NIKI	8:30AM-9:30AM BARRE + TONE ADDIE	8:30AM-9:30AM YOGA SCULPT (HEATED) EMELIE	8:30AM-9:30AM VINYASA RITUAL KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA	10AM-11AM VINYASA RITUAL GISELLE (sub)	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE
8:30AM-9:30AM VINYASA RITUAL MARIA	9AM-10AM INTRO TO GYROKINESIS® CATHERINE	9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL (HEATED) KAITLYN	9AM-9:45AM AQUA HIIT PATRICIA	10:30AM-11:30AM WATER AEROBICS MAYA	9:30AM-10:30AM PRENATAL YOGA ADDIE (sub)
9AM-9:45AM AQUA HIIT PATRICIA	10AM-11AM VINYASA RITUAL ADDIE (sub)	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM	9AM-10AM RESTORATIVE YOGA ERICA (sub)	11AM-12:15PM FEEL GOOD FLOW (HEATED) OLIVIA	10AM-11AM EMBODY: THE WORKOUT NIKI
10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE RACHEL (sub)	10AM-10:45AM AQUA HIIT PATRICIA	12PM-12:45PM PILATES CORE ARMANDE	9:30AM-10:30AM KUNDALINI YOGA AMY	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:30AM-11AM TRAINI EXPRESS: LOWER BODY DANA
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA	12PM-1PM YOGA SCULPT (HEATED) EMELIE	10:30M-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK	12:45PM-1:45PM YOGA RESET EMELIE	10:45AM-11:45AM POSTPARTUM STRENGTH ADDIE (sub)
11AM-11:45AM PRIMAL FLOW TIM	5PM-6PM RESTORATIVE YOGA STEPHANIE (sub)	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) MEGAN (sub)	11AM-11:30AM TRAINI EXPRESS: UPPER BODY + ABS DANA
11:15AM-11:45AM MID-DAY RESET ZUYAPA	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN	12PM-12:50PM BARRE + TONE RACHEL	5PM-6PM YOGA SCULPT (HEATED) NIKI	12PM-1PM VINYASA RITUAL MARK		11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE ADDIE	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA	5:30PM-6:30PM AWAKEN: A MANIFESTATION CIRCLE JULIE	12PM-1PM YOGALATES (HEATED) OLIVIA		12PM-1PM WATER AEROBICS ASHLEY (sub)
12PM-1PM VINYASA YOGA (HEATED) MARK	6:15PM-7:15PM YOGA SCULPT (HEATED) ALLISON	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY	4:30PM-5:30PM \$8 COMMUNITY YOGA ASHLEY		1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY
5PM-5:45PM PULSE + TONE (HEATED) DANA		5PM-5:45PM BREATHWORK KATHLEEN		5:45PM-6:45PM FLOATING SOUND BATH SKYE WHITE		1PM-2:15PM INRHYTHM: EMBODIED ASTROLOGY EMELIE
5:30PM-6:30PM PRENATAL PILATES AMANDA		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN		7PM-8PM FLOATING SOUND BATH SKYE WHITE		2:30PM-3:15PM PULSE + TONE (HEATED) NIKI
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN			6:15PM-7:15PM CandleLIFT MARTHA			
6:15PM-7:05PM BARRE + TONE DANA						



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 10/19	TUESDAY 10/20	WEDNESDAY 10/21	THURSDAY 10/22	FRIDAY 10/23	SATURDAY 10/24	SUNDAY 10/25
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) TALIA (sub) 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	7:15AM-8AM TRAININ (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 🔥	7:15AM-8AM PULSE + TONE (HEATED) CANDIS 🔥
8:15AM-9:15AM QI GONG SCOTT 🌿	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN 🔥	7:45AM-8:35AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) EMELIE 🔥	7:15AM-8AM TRAININ (HEATED) BRANDON 🔥	9:30AM-10:30AM KUNDALINI HEATHER (sub)	9AM-9:30AM SUNDAY SOUND BATH SKYE ⌚
8:30AM-9:30AM LIFT (HEATED) NIKI 🔥	8:30AM-9:30AM BARRE + TONE ADDIE 🔥	8:30AM-9:30AM YOGA SCULPT (HEATED) EMELIE 🔥	8:30AM-9:30AM VINYASA RITUAL KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) NIKI (sub) 🔥	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE 🔥	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE 🔥
8:30AM-9:30AM VINYASA RITUAL MARIA	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	9:30AM-10:30AM PRENATAL YOGA STEPHANIE (sub)
9AM-9:45AM AQUA HIIT PATRICIA 💧	10AM-11AM VINYASA RITUAL LAURA	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM 💧	9AM-10AM RESTORATIVE YOGA LAURA	10:30AM-11:30AM WATER AEROBICS ASHLEY (sub) 💧	10AM-11AM EMBODY: THE WORKOUT NIKI
10AM-10:45AM AQUA HIIT PATRICIA 💧	12PM-12:45PM PILATES CORE ARMANDE	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 🔥	10:30AM-11AM TRAININ EXPRESS: LOWER BODY DANA 🔥
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA 🔥	12PM-1PM YOGA SCULPT (HEATED) EMELIE 🔥	10:30AM-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE 🔥	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK 🔥	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:45AM-11:45AM POSTPARTUM STRENGTH STEPHANIE (sub)
11AM-11:45AM PRIMAL FLOW TIM	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 ERICA (sub)	11AM-11:30AM TRAININ EXPRESS: UPPER BODY + ABS DANA 🔥
11:15AM-11:45AM MID-DAY RESET ZUYAPA ⌚	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN 🔥	12PM-12:50PM BARRE + TONE RACHEL 🔥	5PM-6PM YOGA SCULPT (HEATED) NIKI 🔥	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) CANDIS 🔥	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE ADDIE 🔥	6PM-7PM TAI CHI FOUNDATIONS HUZEFA DOSSAJI 🌿	12PM-1PM FEEL GOOD FLOW (HEATED) OLIVIA 🔥	5:30PM-6:30PM AWAKEN: A MANIFESTATION CIRCLE JULIE	12PM-1PM YOGALATES (HEATED) OLIVIA 🔥		12PM-1PM WATER AEROBICS ASHLEY (sub) 💧
12PM-1PM VINYASA YOGA (HEATED) MARK 🔥	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 GENERAL STAFF		1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY 🔥
5PM-5:45PM PULSE + TONE (HEATED) DANA 🔥	6:15PM-7:15PM YOGA SCULPT (HEATED) ALLISON 🔥	5PM-5:45PM BREATHWORK KATHLEEN	6:15PM-7:15PM CandleLIFT MARTHA			1PM-2PM YOGA NIDRA ASHLEY
5:30PM-6:30PM PRENATAL PILATES AMANDA		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN 🔥				2:30PM-3:15PM PULSE + TONE (HEATED) NIKI 🔥
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN						
6:15PM-7:05PM BARRE + TONE DANA						



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE

MONDAY 10/26	TUESDAY 10/27	WEDNESDAY 10/28	THURSDAY 10/29	FRIDAY 10/30	SATURDAY 10/31	SUNDAY 11/1
7:15AM-8:15AM POWER VINYASA RITUAL (HEATED) TALIA (sub) 🔥	7:15AM-8AM PULSE + TONE (HEATED) EMELIE 🔥	7:15AM-8AM TRAININ (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 🔥	7:15AM-8AM PULSE + TONE (HEATED) CANDIS 🔥
8:15AM-9:15AM QI GONG SCOTT 🌿	8:15AM-9:30AM POWER VINYASA RITUAL (HEATED) KATHLEEN 🔥	7:45AM-8:35AM ARTICULATION ARMANDE	8:30AM-9:30AM LIFT (HEATED) EMELIE 🔥	7:15AM-8AM TRAININ (HEATED) BRANDON 🔥	9:30AM-10:30AM KUNDALINI MET	9AM-9:30AM SUNDAY SOUND BATH SKYE ⌚
8:30AM-9:30AM LIFT (HEATED) NIKI 🔥	8:30AM-9:30AM BARRE + TONE ADDIE 🔥	8:30AM-9:30AM YOGA SCULPT (HEATED) EMELIE 🔥	8:30AM-9:30AM VINYASA RITUAL KAITLYN	8:30AM-9:30AM YOGA SCULPT (HEATED) CHELSEA 🔥	9:45AM-10:30AM PULSE + TONE (HEATED) ARMANDE 🔥	9:15AM-10:15AM YOGA SCULPT (HEATED) ARIELLE 🔥
8:30AM-9:30AM VINYASA RITUAL MARIA	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)	9:30AM-10:30AM PRENATAL YOGA CHELSEA
9AM-9:45AM AQUA HIIT PATRICIA 💧	10AM-11AM VINYASA RITUAL LAURA	9AM-10AM MAT PILATES AMANDA	10:30AM-11:30AM WATER AEROBICS TIM 💧	9AM-10AM RESTORATIVE YOGA LAURA	10:30AM-11:30AM WATER AEROBICS MAYA 💧	10AM-11AM EMBODY: THE WORKOUT NIKI
10AM-10:45AM AQUA HIIT PATRICIA 💧	12PM-12:45PM PILATES CORE ARMANDE	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 🔥	10:30AM-11AM TRAININ EXPRESS: LOWER BODY DANA 🔥 ⌚
10:30AM-11:20AM YOGA STRETCH (HEATED) TARA 🔥	12PM-1PM YOGA SCULPT (HEATED) EMELIE 🔥	10:30AM-11:30AM BABY + ME PILATES AMANDA	12PM-1PM YOGA SCULPT (HEATED) JACQUELINE 🔥	9:45AM-10:45AM HIIT + YOGA COMBO CLASS (HEATED) MARK 🔥	11:30AM-12:30PM REIKI TUNEUP + GUIDED MEDITATION SKY	10:45AM-11:45AM POSTPARTUM STRENGTH CHELSEA
11AM-11:45AM PRIMAL FLOW TIM	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 ERICA (sub)	11AM-11:30AM TRAININ EXPRESS: UPPER BODY + ABS DANA 🔥 ⌚
11:15AM-11:45AM MID-DAY RESET ZUYAPA ⌚	5PM-6PM VINYASA RITUAL (HEATED) KAITLYN 🔥	12PM-12:50PM BARRE + TONE RACHEL 🔥	5PM-6PM YOGA SCULPT (HEATED) NIKI 🔥	12PM-1PM VINYASA RITUAL MARK	2PM-2:45PM PULSE + TONE (HEATED) MEGAN (sub) 🔥	11:15AM-12:30PM SUNDAY YOGA RITUAL ERICA
12PM-12:50PM BARRE + TONE ADDIE 🔥	6:15PM-7:15PM CANDLELIT VINYASA RITUAL KAITLYN	12PM-1PM FEEL GOOD FLOW (HEATED) ZACHARY (sub) 🔥	5:30PM-6:30PM AWAKEN: A MANIFESTATION CIRCLE JULIE	12PM-1PM YOGALATES (HEATED) OLIVIA 🔥		12PM-1PM WATER AEROBICS KAITLYN 💧
12PM-1PM VINYASA YOGA (HEATED) MARK 🔥	6:15PM-7:15PM YOGA SCULPT (HEATED) ALLISON 🔥	5PM-5:45PM PULSE + TONE (HEATED) ARMANDE 🔥	6:15PM-7:15PM SLOW VIBEY VINYASA (HEATED) ZACHARY 🔥	4:30PM-5:30PM \$8 COMMUNITY YOGA GENERAL STAFF		1PM-2:15PM VIBEY VINYASA (HEATED) ZACHARY 🔥
5PM-5:45PM PULSE + TONE (HEATED) DANA 🔥		5PM-5:45PM BREATHWORK KATHLEEN				1PM-2:15PM INRHYTHM: EMBODIED ASTROLOGY EMELIE
5:30PM-6:30PM PRENATAL PILATES AMANDA		6PM-7PM CANDLELIT VINYASA RITUAL (HEATED) KATHLEEN 🔥				2:30PM-3:15PM PULSE + TONE (HEATED) NIKI 🔥
6PM-7PM VINYASA RITUAL (HEATED) KATHLEEN		6PM-7:15PM FULL MOON REIKI + CACAO INFUSED GUIDED MEDITATION SKY HARDISON	6:15PM-7:15PM CandleLIFT MARTHA			
6:15PM-7:05PM BARRE + TONE DANA						



Heated Class



Aqua Class



New Class



Event/Workshop



Dance Class



30 Minute Class



FREE