

Classes are subject to change

Monthly Calendar

Mon

CLOSED

Tue

6:30am Rise & Shine
Yoga (HOT)

8am Stretch &
Strength (WARM)

9am Circuit Fitness
(no heat)

10:30am Yoga Sculpt
(HOT)

12pm Yoga
Foundation
(WARM)

5:45pm Sculpt &
Strengthen
(WARM)

7pm Yin/ Restore
(WARM)

Wed

7:30am Mat Pilates
Foundation (WARM)

9am Yin/ Restore
(WARM)

12pm Mat Pilates
Foundation (WARM)

4pm Elevate Mat
Pilates (HOT)

5:30pm Vinyasa Flow
(WARM)

Thu

8:30am Vinyasa Flow
(WARM)

10am Mat Pilates
Foundation (WARM)

5pm Vinyasa Flow
(WARM)

Fri

7am Mat Pilates
Foundation (WARM)

8:30am Vinyasa Flow
(WARM)

10am Hatha Yoga
(WARM)

6pm Restore &
Sound (WARM)

Sat

8:30am Yoga Sculpt
(HOT)

10am Yoga
Foundation (WARM)

11:30am Circuit
Fitness (no heat)

Sun

10am Elevate Mat
Pilates (HOT)

11:30am Slow Flow
(WARM)

3:30pm Sculpt &
Strengthen (WARM)