



MONDAY		TUESDAY		WEDNESDAY	
5:30 - 6:15am	Studio Hot xP /105 Tony	5:30 - 6:15am	Studio Hot xP /105 Tony	5:30 - 6:15am	Studio Sculpt xP /85 Jen
7:15 - 8:15am	Studio Sculpt /85 Corie	6:30 - 7:30am	Studio Yin /75 Corie	8:00 - 9:00am	Studio Mat Pilates /75 Gail
8:30 - 9:30am	Mind/Body Flow 1 Heather	7:45 - 8:45am	Mindy/Body Mat Pilates Corie	9:30 - 10:30am	Studio Flow 2 /85 Heather
9:30 - 10:30am	Studio Power /95 Katie	8:00 - 9:00am	Studio Flow 2 /85 Ashley	10:30 - 11:30am	Mind/Body Flow 1 Carrie
9:45 - 10:45am	Mind/Body Yogalates Brooke	9:30-10:30am	Studio HIIT Fusion /95 Denise	10:45 - 11:45am	Chair Yoga /Studio 1 Heather
10:45 - 11:45am	Chair Yoga /Studio 1 Heather	10:15 - 11:15am	Mind/Body Yogalates Danielle	12:15 - 1:15pm	Studio Meditation & Yin /75 Katie
11:00 - 12:00pm	Studio Hot Fusion/105 Tony	11:00 - 12:00pm	Studio Hot /105 Tony	4:30 - 5:30pm	Studio Barre Fusion /85 Beth
12:15 - 1:15pm	Studio Meditation & Yin /75 Katie	5:00 - 6:00pm	Mind/Body Yogalates Staff	6:15 - 7:15pm	Studio Hot Fusion /105 Karen
6:15 - 7:15pm	Studio Flow 2 /85 Kirsten	6:00 - 7:00pm	Studio Power /95 Meghan	7:45 - 8:30pm	Studio Yin xP /75 Karen
6:30 - 7:30pm	Mind/Body Hatha Yoga Mary	7:15 - 8:00pm	Studio Yin xP /75 Meghan		
7:45 - 8:30pm	Studio Restore xP /75 Mary				
THURSDAY		FRIDAY		SATURDAY	
5:30 - 6:15am	Studio Hot xP /105 Tony	5:30 - 6:15am	Studio HIIT Fusion / 95 Corie	8:00 - 9:00am	Studio Sculpt /85 Jennifer
6:30 - 7:45am	Studio Yin + /75 Karen	7:30 - 8:30am	Mind/Body Mat Pilates Corie	8:15 - 9:15am	Mind/Body Flow 1 Danielle
8:00 - 9:00am	Studio Sculpt /85 Corie	9:30 - 10:30am	Mind/Body Yogalates Denise	9:30 - 10:30am	Studio Flow 2 /85 Jennifer
9:30 - 10:30am	Studio Power /95 Heather	10:45 - 11:45am	Chair Yoga /Studio 3 Erin	9:30 - 10:30am	Prenatal Yoga Danielle
9:45 - 10:45am	Mind/Body Yogalates Katie	10:45 - 11:45am	Mind/Body Flow 1 Carrie	10:45 - 11:45	Mind/Body Mat Pilates Kelly
11:00 - 12:00pm	Studio Hot /105 Tony	11:00 - 12:00pm	Studio Hot Fusion /105 Denise	11:00 - 12:00pm	Studio Hot /105 Kirsten
6:15 - 7:15pm	Studio Power /95 Geraldina	12:15 - 1:15pm	Studio Meditation & Yin /75 Erin	12:15 - 1:15pm	Studio Yin /75 Kirsten
7:30 - 8:30pm	Studio Yin /75 Geraldina				
		KEY (75) 75 Degrees (85) 85 Degrees (95) 95 Degrees (105) 105 Degrees xP 45 min class + 75 min class		SUNDAY 8:00 - 9:00am Studio Sunday Sampler /85 Denise/Kirsten G 8:15 - 9:15am Mind/Body Flow 2 /Studio 1 Carrie 9:15 - 10:15am Studio Hot Fusion /105 Denise 3:00 - 4:00pm Studio Hot Fusion /105 Denise	
		Fall 2026 Classes Begin 08/17/26			