

# The Studio

## SCHEDULE



### MONDAY

9:30-10:30am [95]	<b>STUDIO POWER</b> Allie
11:00-12:00pm [105]	<b>STUDIO HOT FUSION</b> Karen
6:00-7:00pm [105]	<b>STUDIO HOT FUSION</b> Molly
7:30-8:30pm [75]	<b>STUDIO RESTORE</b> Ronda

### TUESDAY

5:30-6:15am [85] xP	<b>STUDIO FLOW 2</b> Karen
6:30-7:30am [75]	<b>STUDIO YIN</b> Karen
8:30-9:15am [85] xP	<b>STUDIO BARRE FUSION xP</b> Beth
9:30-10:30am [95]	<b>STUDIO POWER</b> Jessica
11:30-12:30pm [105]	<b>STUDIO HOT</b> Dawn
6:30-7:30pm [95]	<b>STUDIO POWER</b> Karen

### KEY

xP	EXPRESS CLASS (30 or 45 min)
+	75 minute class
[75]	75 degrees
[85]	85 degrees
[95]	95 degrees
[105]	105 degrees

### WEDNESDAY

6:00-7:00am	<b>STUDIO POWER</b>
8:15-9:15am [105]	<b>STUDIO HOT FUSION</b> Molly
9:30-10:30am [85]	<b>STUDIO FLOW 2</b> Corie
11:00-11:45am [75] xP	<b>STUDIO SPACE</b> Corie
6:00-7:00pm [105]	<b>STUDIO HOT</b> Dawn
7:30-8:30pm [75]	<b>STUDIO YIN</b> Ronda

### THURSDAY

6:15-7:30am [75] +	<b>STUDIO YIN</b> Karen
9:30-10:30am [95]	<b>STUDIO POWER</b> PD
11:30am-12:30pm [105]	<b>STUDIO HOT</b> Dawn
4:30-5:50pm [75]	<b>STUDIO FLOW 1.5</b> Molly
6:30-7:30pm [85]	<b>STUDIO FLOW 2</b> Kirsten

### FRIDAY

7:30-8:30am [95] xP	<b>STUDIO POWER</b> Karen
9:30-10:30am [105]	<b>STUDIO HOT FUSION</b> Jessica

### SATURDAY

8:00-9:00am [75]	<b>STUDIO FLOW 1</b> Jeannie (A) / Beth (B)
9:15-10:15am [85]	<b>STUDIO FLOW 2</b> Jeannie
10:30-11:30am [85]	<b>STUDIO SCULPT</b> PD

### SUNDAY

9:30-10:45am [75] +	<b>STUDIO FLOW 1.5 W/ MUSIC MEDITATION</b> Carrie
12:00-1:00pm [105]	<b>STUDIO HOT</b> Dawn

**Studio Membership is required for classes. 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 03/07/2022.**