

# The Studio SCHEDULE



## SUMMER SCHEDULE

<b>MONDAY</b> <small>NEW TIME</small>	
9:30-10:30am [95]	<b>STUDIO POWER</b> Allie
11:00-12:00pm [105]	<b>STUDIO HOT FUSION</b> Karen
5:30-6:30pm [105]	<b>STUDIO HOT FUSION</b> Molly <small>NEW TIME</small>
7:00-8:00pm [75]	<b>STUDIO RESTORE</b> Ronda <small>NEW TIME</small>

<b>TUESDAY</b>	
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

<b>KEY</b>	
xP	EXPRESS CLASS (30 or 45 min)
+	75 minute class
[75]	75 degrees
[85]	85 degrees
[95]	95 degrees
[105]	105 degrees

<b>WEDNESDAY</b>	
6:00-7:00am [95]	<b>STUDIO POWER</b> Allie
8:15-9:15am [85]	<b>STUDIO SCUPT</b> PD <small>NEW CLASS</small>
9:30-10:30am [85]	<b>STUDIO FLOW 2</b> Ronda
11:00-11:45am [75] xP	<b>STUDIO SPACE</b> Ronda
5:30-6:30pm [105]	<b>STUDIO HOT</b> Dawn <small>NEW TIME</small>
7:00-8:00pm [75]	<b>STUDIO RESTORE</b> Dawn <small>NEW TIME</small>

<b>THURSDAY</b>	
6:30-7:45am [75] +	<b>STUDIO YIN</b> Karen
9:30-10:30am [95]	<b>STUDIO POWER</b> PD
11:30am-12:30pm [105]	<b>STUDIO HOT FUSION</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

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

<b>SATURDAY</b>	
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 SCUPT</b> PD

<b>SUNDAY</b>	
9:30-10:45am [75] +	<b>STUDIO FLOW 1.5 W/ MUSIC MEDITATION</b> Carrie
4:00-5:00pm [105]	<b>STUDIO HOT</b> Dawn <small>NEW TIME</small>

**Studio Membership is required for classes. 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 07/11/2022.**