

# The Studio

## SCHEDULE



### MONDAY

5:45-6:45am [105]	<b>STUDIO HOT</b> Tony
9:45-10:45am [95]	<b>STUDIO POWER</b> Danielle
12:00-1:00pm [105]	<b>STUDIO HOT FUSION</b> Tony <b>NEW TIME</b>
6:15-7:15pm [105]	<b>STUDIO HOT</b> Corie
7:30-8:30pm [75]	<b>STUDIO RESTORE</b> Corie

### WEDNESDAY

5:45-6:45am [105]	<b>STUDIO HOT</b> Tony
7:00--8:00am [85]	<b>STUDIO SCULPT</b> Corie
9:30-10:30am [85]	<b>STUDIO FLOW 2</b> Heather
6:15-7:15pm [105]	<b>STUDIO HOT FUSION</b> Karen
7:30-8:00pm [75] xP	<b>STUDIO RESTORE</b> Amy (A)/ Mary (B) <b>NEW CLASS</b>

### SATURDAY

8:00-9:00am [85]	<b>STUDIO SCULPT</b> Jen
9:30-13:30am [85]	<b>STUDIO FLOW 2</b> Jen

### SUNDAY

9:30-10:45am [75] +	<b>STUDIO FLOW 1.5 W/ MUSIC MEDITATION</b> Carrie
3:00-4:00pm [105]	<b>STUDIO HOT FUSION</b> Corie
4:15-5:00pm [75] xP	<b>STUDIO RESTORE</b> Corie

### TUESDAY

5:30-6:15am [85] xP	<b>STUDIO FLOW 2</b> Tony
6:30-7:30am [85]	<b>STUDIO YIN</b> Corrie
8:30-9:15am [85] xP	<b>STUDIO BARRE FUSION xP</b> Beth
10:00-11:00am [95]	<b>STUDIO POWER</b> Jessica
11:30am- 12:30pm [105]	<b>STUDIO HOT</b> Jessica

### THURSDAY

5:30-6:15am [85] xP	<b>STUDIO POWER</b> Tony <b>NEW CLASS</b>
6:30-7:45am [85] +	<b>STUDIO YIN</b> Karen
9:30-10:30am [95]	<b>STUDIO POWER</b> Heather
11:30am- 12:30pm [105]	<b>STUDIO HOT</b> Jessica
5:00-6:00pm [75]	<b>STUDIO FLOW 1.5</b> Kirsten

Please reserve spot online.  
Effective 11/17/2023.

### KEY

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

### FRIDAY

7:30-8:30am [95]	<b>STUDIO POWER</b> Karen
10:00-11:00am [105]	<b>STUDIO HOT</b> Jessica
11:30am- 12:30pm [75]	<b>STUDIO MEDITATION &amp; MOTION</b> Jessica