

Yoga

SCHEDULE

MONDAY

5:30-6:30am (105)	Studio Hot Fusion Corie
7:15-8:15am (85)	Studio Sculpt Corie
8:30-9:30am	Mind/Body Flow 1 Heather
8:30-9:20am (85)	Studio Hot Tony
9:30-10:25am	Mind/Body Yogalaties Beth
9:30-10:30am (95)	Studio Power Katie
10:45-11:45am Studio 1	Chair Yoga Heather
12:00-1:00pm (105)	Studio Hot Fusion Tony
1:30-2:30pm (75)	Studio Meditation & Yin Meghan
6:15-7:15pm (85)	Studio Flow 2 Kirsten G.
6:30-7:30pm	Mind/Body Hatha Yoga Mary
7:30-8:30pm (75)	Studio Restore Mary

TUESDAY

5:30-6:15am (105) xP	Studio Hot Tony
6:30-7:30am (75)	Studio Yin Corie
7:30-8:30am	Core Connection Corie
8:30-9:30am	Mind/Body Flow 2 Corie
8:30-9:15am (85) xP	Studio xP Barre Fusion Beth
9:30-10:30am (95)	HIIT Fusion Denise
10:00-11:00am	Yogalaties Danielle
11:00-12:00pm (105)	Studio Hot Tony
5:00-6:00pm	Yogalaties Staff
6:15-7:15pm (95)	Studio HIIT Fusion Jennifer

WEDNESDAY

7:00-7:50am (95)	Studio Power Karen
8:00-9:00am (75)	Studio Mat Pilates 75 Gail
9:30-10:30am (85)	Studio Flow 2 Heather
10:30-11:25am	Mind/Body Flow 1 Carrie
10:45-11:45am Studio 1	Chair Yoga Heather
1:30-2:30pm (75)	Studio Meditation & Yin Katie
4:30-5:30pm (85)	Studio Barre Fusion Beth
6:15-7:15pm (105)	Studio Hot Fusion Karen
6:30-7:15pm	Mind/Body Hatha Yoga Mary/Amy
7:30-8:15pm (75) xP	Studio xP Restore Mary/Amy

THURSDAY

5:30-6:15am (105) xP	Studio Hot Tony
6:30-7:45am (75)	Studio Yin + Karen
7:30-8:30am	Mind/Body Flow 2 Beth
8:00-9:00am (85)	Studio Sculpt Corie
9:00-10:00am	Mind/Body Flow 1 Katie
9:30-10:30am (95)	Studio Power Heather
10:00-10:55am	Pre/Postnatal Yoga Danielle
11:00-12:00pm (105)	Studio Hot Tony
5:00-6:00pm (75)	Studio Flow 1 Kirsten A.
6:15-7:15pm (85)	Studio Power Geraldina
7:30-8:30pm (75)	Studio xP Yin Geraldina

FRIDAY

5:30-6:30 am (95)	HIIT Fusion Corie
7:30-8:30am	Core Connection Corie
7:30-8:30am (95)	Studio Power Karen
9:30-10:30am	Studio Power Meghan
9:40-10:40am	Mind/Body Yogalates Denise
10:45-11:45am Studio 3	Chair Yoga Erin
10:50-11:45am	Mind/Body Flow 1 Carrie
11:00-12:00pm (105)	Studio Hot Fusion Denise
12:15-1:15pm (75)	Studio Meditation & Yin Erin

SATURDAY

8:00-9:00am (85)	Studio Sculpt Jennifer
9:30-10:30am (85)	Studio Flow 2 Jennifer
10:00-11:00am	Mind/Body Flow 1 Joan
11:00-12:00pm (105)	Studio Hot Kirsten G.
12:30-1:15pm (75) xP	Studio xP Yin Kirsten G.

SUNDAY

8:00-9:00am (85)	Studio Sunday Sampler Denise/Kirten G./Stuido Staff
8:15-9:15am	Mind/Body Flow 2 Carrie
9:30-10:30am (75)	Studio Flow 2 w/Music Carrie
3:00-4:00pm (105)	Studio Hot Fusion Denise

KEY

xP	Express Class 45 min	+	75 Min Class
(75)	75 Degrees	(85)	85 Degrees
(95)	95 Degrees	(105)	105 Degrees

Mind/Body Studio is set to 72 Degrees

Winter 2025