



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	9:30 - 10:30am	Studio HIIT Fusion /95 Denise	10:30 - 11:30am	Mind/Body Flow 1 Carrie
9:45 - 10:45am	Mind/Body Yogalates Brooke	10:15 - 11:15am	Mind/Body Yogalates Danielle	10:45 - 11:45am	Chair Yoga /Studio 1 Heather
10:45 - 11:45am	Chair Yoga /Studio 1 Heather	11:00 - 12:00pm	Studio Hot /105 Tony	1:30 - 2:30pm	Studio Meditation & Yin /75 Katie
11:00 - 12:00pm	Studio Hot Fusion /105 Tony	5:00 - 6:00pm	Mind/Body Yogalates Emily	4:30 - 5:30pm	Studio Barre Fusion /85 Beth
1:30 - 2:30pm	Studio Meditation & Yin /75 Katie	6:15 - 7:15pm	Studio Power /95 Emily	6:15 - 7:15pm	Studio Hot Fusion /105 Karen
6:15 - 7:15pm	Studio Flow 2 /85 Kirsten			6:30 - 7:30pm	Mind/Body Hatha Yoga Mary/Amy
6:30 - 7:30pm	Mind/Body Hatha Yoga Mary			7:45 - 8:30pm	Studio Restore xP /75 Mary/Amy
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	9:30 - 10:30am	Studio Flow 2 /85 Jennifer
8:00 - 9:00am	Mind/Body Flow 1 Ashley	9:30 - 10:30am	Mind/Body Yogalates Denise	10:45 - 11:45	Mind/Body Mat Pilates Kelly
8:00 - 9:00am	Studio Sculpt /85 Corie	10:45 - 11:45am	Chair Yoga /Studio 3 Erin	11:00 - 12:00pm	Studio Hot /105 Kirsten
9:30 - 10:30am	Studio Power /95 Heather	10:45 - 11:45am	Mind/Body Flow 1 Carrie	12:15 - 1:15pm	Studio Yin /75 Kirsten
9:45 - 10:45am	Mind/Body Yogalates Katie	11:00 - 12:00pm	Studio Hot Fusion /105 Denise	Saturday Feb. 21 - March 21 Only	
11:00 - 12:00pm	Studio Hot /105 Tony	12:15 - 1:15pm	Studio Meditation & Yin /75 Erin	3:00 - 4:30pm	Studio Hot Inter/Adv /105 Tony
5:30 - 6:30pm	Pre-Post Natal Danielle				
6:15 - 7:15pm	Studio Power /95 Geraldina				
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

**Winter
2026**

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