



**MONDAY** **TUESDAY** **WEDNESDAY**

5:30 - 6:15am	<b>Studio Hot xP /105</b> Tony	5:30 - 6:15am	<b>Studio Hot xP /105</b> Tony	5:30 - 6:15am	<b>Studio Sculpt xP /85</b> Jen
7:15 - 8:15am	<b>Studio Sculpt /85</b> Corie	6:30 - 7:30am	<b>Studio Yin /75</b> Corie	8:00 - 9:00am	<b>Studio Mat Pilates /75</b> Gail
8:30 - 9:30am	<b>Mind/Body Flow 1</b> Heather	7:45 - 8:45am	<b>Mindy/Body Mat Pilates</b> Corie	9:30 - 10:30am	<b>Studio Flow 2 /85</b> Heather
9:30 - 10:30am	<b>Studio Power /95</b> Katie	8:00 - 9:00am	<b>Studio Flow 2 /85</b> Ashley	10:30 - 11:30am	<b>Mind/Body Flow 1</b> Carrie
9:45 - 10:45am	<b>Mind/Body Yogalates</b> Brooke	9:30-10:30am	<b>Studio HIIT Fusion /95</b> Denise	10:45 - 11:45am	<b>Chair Yoga /Studio 1</b> Heather
10:45 - 11:45am	<b>Chair Yoga /Studio 1</b> Heather	10:15 - 11:15am	<b>Mind/Body Yogalates</b> Danielle	12:15 - 1:15pm	<b>Studio Meditation &amp; Yin /75</b> Katie
11:00 - 12:00pm	<b>Studio Hot Fusion/105</b> Tony	11:00 - 12:00pm	<b>Studio Hot /105</b> Tony	4:30 - 5:30pm	<b>Studio Barre Fusion /85</b> Beth
12:15 - 1:15pm	<b>Studio Meditation &amp; Yin /75</b> Katie	5:00 - 6:00pm	<b>Mind/Body Yogalates</b> Emily	6:15 - 7:15pm	<b>Studio Hot Fusion /105</b> Karen
6:15 - 7:15pm	<b>Studio Flow 2 /85</b> Kirsten	6:15 -7:15pm	<b>Studio Power /95</b> Emily	7:45 - 8:30pm	<b>Studio Yin xP /75</b> Karen
6:30 - 7:30pm	<b>Mind/Body Hatha Yoga</b> Mary				
7:45 - 8:30pm	<b>Studio Restore xP /75</b> Mary				

**THURSDAY** **FRIDAY** **SATURDAY**

5:30 - 6:15am	<b>Studio Hot xP /105</b> Tony	5:30 - 6:15am	<b>Studio HIIT Fusion / 95</b> Corie	8:00 - 9:00am	<b>Studio Sculpt /85</b> Jennifer
6:30 - 7:45am	<b>Studio Yin + /75</b> Karen	7:30 - 8:30am	<b>Mind/Body Mat Pilates</b> Corie	9:30 - 10:30am	<b>Studio Flow 2 /85</b> Jennifer
8:00 - 9:00am	<b>Studio Sculpt /85</b> Corie	9:30 - 10:30am	<b>Mind/Body Yogalates</b> Denise	10:45 - 11:45	<b>Mind/Body Mat Pilates</b> Kelly
9:30 - 10:30am	<b>Studio Power /95</b> Heather	10:45 - 11:45am	<b>Chair Yoga /Studio 3</b> Erin	11:00 - 12:00pm	<b>Studio Hot /105</b> Kirsten
9:45 - 10:45am	<b>Mind/Body Yogalates</b> Katie	10:45 - 11:45am	<b>Mind/Body Flow 1</b> Carrie	12:15 - 1:15pm	<b>Studio Yin /75</b> Kirsten
11:00 - 12:00pm	<b>Studio Hot /105</b> Tony	11:00 - 12:00pm	<b>Studio Hot Fusion /105</b> Denise		
6:15 - 7:15pm	<b>Studio Power /95</b> Geraldina	12:15 - 1:15pm	<b>Studio Meditation &amp; Yin /75</b> Erin		
7:30 - 8:30pm	<b>Studio Yin /75</b> Geraldina				

**KEY**

(75) 75 Degrees      (85) 85 Degrees  
 (95) 95 Degrees      (105) 105 Degrees  
 xP 45 min class      + 75 min class

**SUMMER 2026**  
**06/01/26 - 08/16/26**

**SUNDAY**

8:00 - 9:00am	<b>Studio Sunday Sampler /85</b> Denise/Kirsten G
8:15 - 9:15am	<b>Mind/Body Flow 2 /Studio 1</b> Carrie
9:15 - 10:15am	<b>Studio Hot Fusion /105</b> Denise
3:00 - 4:00pm	<b>Studio Hot Fusion /105</b> Denise