

In-Studio Classes

ALL CLASSES RUN **50 MINUTES** IN LENGTH

Class Schedule April 01 – May 31, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am							
7:15am			Barre Fitness				
7:30am			Catlin				
7:45am							
8:00am							
8:15am							
8:30am							
8:45am							
9:00am							
9:15am	Barre Flow	Barre Blender	Yoga Sculpt	Pilates Barre	Barre Fusion	Barre Fitness	Pilates Barre
9:30am	Lauren	Kristen	Kristen	Simon	Catlin	Catlin	Ashley
9:45am							
10:00am							
10:15am					Total Pilates	Barreless	Tone
10:30am					Simon	Shannon	Ashley
10:45am							
11:00am							
11:15am						Yoga Super	Yoga
11:30am						Stretch	Release Focus
11:45am						Kailey	Kristen/Mel
12:00pm		Precision Barre					
12:15pm		Sculpt					
12:30pm		Kristen					
12:45pm							
1:00pm							
4:15pm			Precision Barre				
4:30pm			Sculpt				
4:45pm			Simon				
5:00pm							
5:15pm	Barre Fitness	Yoga Flow	Cardio Sculpt	Total Pilates	Yoga Flow		
5:30pm	Ayva	Kailey	Shannon	Catlin	Moriah		
5:45pm							
6:00pm							
6:15pm	Total Pilates	Barre Flow	Slow Yoga Flow	Yoga Flow			
6:30pm	Kristen	Ayva	Mel	Kristen			
6:45pm							
7:00pm							
7:15pm	Yoga Restore	Tone		Barre Fitness			
7:30pm	Kristen	Lauren		Ashley			
7:45pm							
8:00pm							
8:15pm							
8:30pm							
8:45pm							
9:00pm							

Sweat Intensity Level



Conditioning
Core
Flexibility
The Works