

	ALL WEEKDAY CLASSES ARE 50 MINS					WEEKEND CLASSES 65 MINS	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am							
<b>7:15am</b>			<b>Barre Fusion</b>				
7:30am			Rachel				
7:45am							
8:00am							
8:15am							
8:30am							
8:45am							
<b>9:00am</b>						<b>Barre Fusion</b>	<b>Yoga Sculpt</b>
9:15am						Shannon	Lexy
<b>9:30am</b>	<b>Barre Flow</b>	<b>Precision Barre</b>	<b>Yoga Sculpt</b>		<b>Barre Flex</b>		
9:45am	Ayva	<b>Sculpt</b>	Kristen		Ashley		
10:00am		Kristen					
<b>10:15am</b>						<b>Yoga Flow to</b>	<b>Sculpt</b>
<b>10:30am</b>					<b>Total Pilates</b>	<b>Restore</b>	Ashley
10:45am					Ashley & Kristen	Kailey	
11:00am							
<b>11:15am</b>							
11:30am							
11:45am							
<b>12:00pm</b>		<b>Sculpt</b>		<b>Yoga Core</b>	<b>Barre Flow</b>		
12:15pm		Kristen		Moriah	Rachel		
12:30pm							
12:45pm							
1:00pm							
4:15pm							
4:30pm							
4:45pm							
5:00pm							
<b>5:15pm</b>	<b>Barreless Flow</b>	<b>Yoga Flow</b>	<b>Cardio Sculpt</b>	<b>Total Pilates</b>	<b>Yoga Flow</b>		
5:30pm	Rachel	Kailey	Shannon	Ashley	Moriah		
5:45pm							
6:00pm							
<b>6:15pm</b>	<b>Total Pilates</b>	<b>Barre Flex</b>		<b>Yoga Stretch</b>			
6:30pm	Kristen	Candace		<b>Flow</b>			
6:45pm				Kristen			
7:00pm							
<b>7:15pm</b>	<b>Yoga Restore</b>			<b>Barre Fusion</b>			
7:30pm	Kristen			Dana			
7:45pm							
8:00pm							

Sweat Intensity Level



Barre

Sculpt

Yoga

Pilates