

Class Schedule September 01 - December 31, 2022

ALL CLASSES ARE 50 MINUTES IN LENGTH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:15am</b>			<b>Sculpt</b>				
7:30am			Ashley				
7:45am			<b>Drop-In Series</b>				
8:00am							
8:15am							
8:30am							
8:45am							
9:00am							
9:15am							
<b>9:30am</b>	<b>Barre Fusion</b>	<b>Barreless</b>	<b>Yoga Sculpt</b>	<b>Sculpt</b>	<b>Barre Flow</b>	<b>Cardio Sculpt</b>	<b>Yoga Sculpt</b>
9:45am	Ayva	Rachel	Kristen	Kristen	Rachel	Ashley & Kristen	Lexy
10:00am							
10:15am							
<b>10:30am</b>						<b>Yoga Stretch &amp; Restore</b>	<b>Barre Fusion</b>
10:45am							Shannon
11:00am						Kailey	
11:15am							
11:30am							
11:45am							
<b>12:00pm</b>		<b>Barre Fusion</b>		<b>Yoga Flow</b>	<b>Total Pilates</b>		
12:15pm		Kristen		Moriah	Moriah		
12:30pm							
12:45pm							
1:00pm							
4:15pm							
4:30pm							
4:45pm							
5:00pm							
<b>5:15pm</b>	<b>Barre Flow</b>	<b>Yoga Sculpt</b>	<b>Cardio Sculpt</b>	<b>Total Pilates</b>	<b>Barre Fusion</b>		
5:30pm	Shannon	Kailey	Shannon	Dana	Dana		
5:45pm							
6:00pm							
<b>6:15pm</b>	<b>Total Pilates</b>	<b>Barre Flex</b>	<b>Yoga Hips</b>	<b>Barre Fusion</b>			
6:30pm	Kristen	Candace	'n Hams	Ashley			
6:45pm			Kristen				
7:00pm							
<b>7:15pm</b>	<b>Yin Yoga</b>	<b>Total Pilates</b>		<b>Yoga Core to Restore</b>			
7:30pm	Kristen	Moriah					
7:45pm				Kristen			
8:00pm							

**Sweat Intensity Level**



1 2 3 4

low medium high ultimate

Barre
  Sculpt
  Yoga
  Pilates