



WINTER 2024

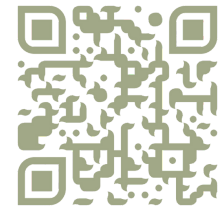
CLASS SCHEDULE

Follow us on social for class updates & studio events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am - 60 min Pilates Conditioning - Stacy	8:00am - 60 min AllLevels Vinyasa - Megan	6:30am - 60 min Sunrise Power - Annalisa	8:00am - 60 min AllLevels Vinyasa - Megan	6:30am - 60 min Sunrise Power - Pamela
9:00am - 75 min Power Vinyasa - Alyssa	9:30am - 60 min Pilates Conditioning - Stacy	9:00am - 75 min Power Vinyasa - Annalisa	9:30am - 60 min Pilates Conditioning - Stacy	9:00am - 90 min Power Vinyasa - Alyssa
5:30pm - 75 min AllLevels Vinyasa - Pamela			2:00pm - 45 min Meditation Group - Ann	
7:15pm - 45 min Meditation Group - Ann	6:00pm - 90 min Power Vinyasa - Alyssa	5:30pm - 75 min All Levels Vinyasa - Pamela	6:00pm - 60 min Hour of Power - Alyssa	5:30pm - 60 min Community Class - Alyssa <i>\$10 Drop In, Cash Only</i>

SAT	8:00am - 90 min Power Vinyasa - Annalisa
	10:00am - 75 min All Levels Vinyasa - Alyssa

SUN	7:30am - 60 min Hour of Power - Pamela
	9:00am - 75 min Power Vinyasa - Alyssa
	11:00am - 60 min Beginner Vinyasa - Kerry
	4:00pm - 60 min Yin Yoga - Pamela



SCAN TO BOOK