





















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Flow		6:00-7:00am Flow			FEEL FREE TO TAKE A PIC AND SAVE IT ON YOUR PHONE!	
9:00-10:00am Flow 	8:30-9:30am Hot Flow 	9:00-10:00am Hot Power Flow 	8:30-9:30am Flow 	9:00—10:15 am Hot Power Flow  	8:30—9:30 am   8:30-9:30 am  Slow Flow	9:00—10:00 am Flow
9:30-10:30 am Flow Basics	9:30-10:45am 26/2 Hot Yoga 	9:30 - 10:45am Flow Basics 	9:30-11:00am 26/2 Hot Yoga 	9:30-10:30 am Flow Basics	9:45 -10:45 am Fusion Interval Training	9:00a - 10:00 am Hot Power Flow 
					10:00-11:00am Kids Aerial	10:30-11:30am Kids Aerial
					11am—12pm Revive & Release	10:30-11:30  Yin Yoga
12:00-1:00pm Flow		11:45am— 12:30pm  Power 45 (non-heated)		12:00-1:00pm Flow	11:30 -12:30pm 26/2 Hot Yoga 	11:45 - 12:45 Adult Aerial Yoga
5:30—6:30pm Flow Basics 	5:15- 6:15pm Flow	5:30 –6:15pm Kids Yoga	5:15- 6:15pm Slow Flow 			
		5:30- 6:30pm 26/2 Hot Yoga  				
6:00-7:00 pm Hot Power Flow 	6:30-7:30pm Inferno Hot Pilates 	6:30 –7:30pm Yoga Sculpt 	6:00– 7:00pm Revive & Release	6:00—7:00pm Hot Power Flow 		4:00—5:00 pm Inferno Hot Pilates Plus 
			6:30-7:45pm Hot Power Flow 			 Indicates class is available online
7:00-8:00pm Adult Aerial	7:30 - 8:15 pm Power 45 	7:00-8:00pm Yin Yoga	7:30-8:30pm Flow			Indicates a heated class.
7:30—8:30pm Slow Flow	***Schedule is subject to change. Please check online for the most up to date schedule.***					