

1/21-5/10



SUNDAY

12:15PM **Pilates**
45 MIN | SHREYA

4:30PM **Yin Yoga**
60 MIN | LAURA

MONDAY

7:00AM **Cycle**
45 MIN | ANGIE

9:00AM **LES MILLS CORE**
30 MIN | TANNA

10:00AM **Yoga**
45 MIN | DREW

4:30PM **Bootcamp**
45 MIN | HILLARY

5:30PM **Cycle**
45 MIN | LAUREN

6:30PM **Pilates**
45 MIN | KEERTI

7:30PM **LES MILLS DANCE**
45 MIN | QUINTEN

ALL CLASSES IN STUDIO B

TUESDAY

8:00AM **Power Yoga**
45 MIN | HEIDI

9:00AM **Power Pilates**
45 MIN | LAURA

10:00AM **Ballet Sculpt**
45 MIN | DREW

4:30PM **Yoga**
45 MIN | HILLARY

5:30PM **Strength + Mobility**
45 MIN | RONI

6:30PM **Cycle**
45 MIN | MAGGIE

WEDNESDAY

7:00AM **Cycle**
45 MIN | ANGIE

9:00AM **LES MILLS CORE**
30 MIN | TANNA

10:00AM **Yoga**
45 MIN | NIVI

5:30PM **Cycle**
45 MIN | LAUREN

6:30PM **Pilates**
45 MIN | KEERTI

7:30PM **Hip Hop**
45 MIN | QUINTEN

THURSDAY

8:00AM **Power Yoga**
45 MIN | HEIDI

9:00AM **Power Pilates**
45 MIN | LAURA

10:00AM **Cycle**
45 MIN | SELAH

4:15PM **Yin Yoga**
60 MIN | HILLARY

5:30PM **Strength + Mobility**
45 MIN | RONI

FRIDAY

8:00AM **Cycle**
45 MIN | MAGGIE

9:00AM **Power Yoga 75**
75 MIN | MAGGIE

4:30PM **Yin Yoga**
60 MIN | NIVI

SATURDAY

11:00AM **Power Pilates**
45 MIN | SHREYA

KEY

||-|| STRENGTH

🕒 MINDBODY

🏃 CARDIO

W WOMEN'S CLASS

Sign Up

