



FALL schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	Heated Mat Pilates	Heated HIIT Power Party	Heated Power Yoga	Heated Yoga Pilates Fusion			
7:00 AM		Heated Mat Pilates		Heated HIIT Power Party		Heated HIIT Power Party	
8:00 AM	Mom & Baby Mat Pilates		Mom & Baby Gentle Yoga		Hatha Yoga	Heated Power Yoga	Prenatal Yoga
9:00 AM						HIIT Power Party	Kids Dance 🧒 (Ages 3-5)
10:00 AM							Contemporary Dance
12:15 PM	Virtual Yoga	Express HIIT	Virtual Yoga	Express HIIT	Virtual Yoga		
1:00 PM						Twirling Tots 🧒 (Ages 1-3)	
5:00 PM	Reformers Sweet Start	Reformers Sweet Start	Reformers Sweet Start	Reformers Sweet Start	Reformers Sweet Start		
5:30 PM			Stretch and Strength Barre				
5:30 PM	Sassy Jazz	Yoga Pilates Fusion	Kids Dance 🧒 (Ages 6-8)	HIIT Power Party	Yoga Pilates Fusion		
6:00 PM	Yoga Flow	Gentle Yoga	Advanced Barre	Reformers Sweet Start	HIIT Dance		
6:30 PM	Beginner Ballet Barre			Vinyasa Vibes			
7:00 PM		Yoga Nidra		Zumba with Taiy			
7:30 PM	Yin Yoga		Restorative with Singing Bowls				Restorative Yoga