Sweet Pea fusion studio

NOV & DEC schedule

TIME	MON	TUE	WED	THU	FRI	SAT
6:00 AM	HIIT Power Party	Lift & Flow	**Heated** Mat Pilates	**Heated** Yoga Pilates Fusion		
8:00 AM					Hatha Yoga	**Heated** All Levels Yoga
9:00 AM	Mat Pilates Baby Friendly		Lift & Flow Baby Friendly		Gentle Yoga Baby Friendly	HIIT Power Party
12:15 PM	**Hybrid** All Levels Yoga	**Hybrid** Lift & Flow	**Hybrid** All Levels Yoga	**Hybrid** Lift & Flow	**Hybrid** All Levels Yoga	Event Rental Available 2pm - 10pm
1:00 PM		Chair Yoga		All Levels Yoga		
5:00 PM	**Reformers** Intermediate	**Reformers** All Levels	**Reformer** Jumpboard Intermediate	**Reformers** All Levels	**Reformers** Intermediate	
5:00 PM			Beginner Ballet Barre	Barre Flow		
5:30 PM	Sassy Jazz	Mat Pilates		HIIT Power Party	**Heated** Mat Pilates	**SUN**
6:00 PM	**Heated** Core Flow	Gentle Yoga	**Reformers** All Levels	Vinyasa Vibes		Event Rental Available 2pm - 6pm
6:00 PM			Advanced Ballet Barre			
6:30 PM	Beginner Ballet Barre		**Heated** Mat Pilates	Dance Aerobics		
7:00 PM		Restorative Yoga				
7:30 PM	Yin Yoga		Sound Healing			Restorative Yoga
8:00 PM				Candlelight Yin Yoga		

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Subject to change. Check the Mindbody app for the latest