



ALL CLASSES NOW OFFERED IN STUDIO AND VIRTUAL!

TO ALL PARTICIPANTS

Sign up ahead of time, as in studio classes are reaching our 50% capacity.

FOR VIRTUAL PARTICIPANTS

Sign up at least 30 minutes in advance to guarantee the link to class. You can participate live or get a recording after the class concludes.

MONDAY

HIITT 6am

YIN 8:30am *Back in studio*

Barre 9:30am *Back in studio*

Yoga/Barre Fusion 6pm

TUESDAY

Barre 9:30am

Beginner Yoga 5:15pm

Hot Vinyasa 6:30pm

WEDNESDAY

Vinyasa 9:30am

Vinyasa 4:30pm *Back in studio*

Hot Athletic Yoga 5:45pm

Restorative 7pm

THURSDAY

SHREDD 8:30am

Barre 6:30pm

YIN 7pm

FRIDAY

Hot Vinyasa 8am

SATURDAY

Barre 9am

Hot Level 2 Yoga 9:15am

Gentle Yoga 10:30am

SUNDAY

Barre 9am

Hot Vinyasa 9am

Hot Vinyasa 4:30pm

MARCH SCHEDULE