

	M	Tu	W	Th	F	Sa	Su
7:30 - 8:30	Hot Yoga Flow		Hot Yoga Flow		Hot Yoga Flow		
9:00 - 10:00	Hot 26&2	Hot Yoga Sculpt	Hot 26&2	Hot Barre Sculpt	Hot 26&2	Hot 26&2 - 90 min 9:00-10:30	Hot 26&2 - 75 min 9:00-10:15
10:15 - 11:15	Hot Pilates	Hot Pilates	Hot Pilates	Hot Pilates	Hot Barre Sculpt	Hot Pilates 10:45-11:45	Hot Pilates 10:30-11:30
12:00 - 1:00		Hot 26&2		Hot 26&2	Hot Yoga Flow	Hot Yoga Flow	Hot Yoga Sculpt
4:00 - 4:45	Hot Barre Express	Hot Pilates Express	Hot Pilates Express	Hot Pilates Express			
5:00 - 5:45	Hot Pilates Express	Hot Cardio Core Express	Hot Barre Express	Hot Yoga Sculpt Express	Hot Yoga Flow 5-6		
6:00 - 7:00	Hot 26&2	Hot Barre Sculpt	Hot 26&2	Hot Pilates Yoga Combo			



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HEATED CLASS SCHEDULE
July 2024 | Subject to change

M

Tu

W

Th

F

Sa

Su

8:00 - 9:00

Vinyasa Yoga Flow

Vinyasa Yoga Flow

9:15 - 10:15

Barre

10:30-11:30

Vinyasa Yoga Flow

11:45 - 12:45

Vinyasa Yoga Flow

Vinyasa Yoga Flow

4:00 - 4:45

Mat Pilates

5:15 - 6:00

Pilates Mobility

6:15 - 7:15

Barre Sculpt

Barre Sculpt

7:15 - 8:15

Gentle Yoga

Restorative Yin Yoga

Gentle Yoga

Restorative Yin Yoga



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**UNHEATED CLASS
SCHEDULE**

July 2024 | Subject to change