

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM (CC) SUNRISE CYCLE STEPHANIE	6:00 AM (VS) TOTAL BODY RESET SUMMER	6:00 AM (CC) SUNRISE CYCLE STEPHANIE	6:00 AM (VS) POWER SCULPT TRACI	6:00 AM (CC) SUNRISE CYCLE TRACI	7:30 AM (RS) REFORMER PILATES FLOW STEPHANIE	7:30 AM (RS) REFORMER PILATES FLOW CLAUDIA
7:00 AM (CC) REBEL RIDE CYCLE JOJO	6:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (RS) REFORMER PILATES FLOW BRI	6:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	6:00 AM (VS) HIIT CLAUDIA	8:30 AM (CS) BARRE BLEND TRACI	8:30 AM (CC) POWER BEAT CYCLE CLAUDIA
7:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (RS) REFORMER PILATES FLOW BRI	8:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (CS) BARRE BLEND TRACI	7:00 AM (CC) REBEL RIDE CYCLE JOJO	8:30 AM (CC) POWER BEAT CYCLE STEPHANIE	8:30 AM (VS/RD*) YOGA POWER FLOW ELIZABETH <i>*04/27 POP-UP!</i>
8:15 AM (RS) REFORMER PILATES FLOW BRI	8:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (VS) DYNAMIC STRENGTH SAM	7:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	7:15 AM (RS) REFORMER PILATES FLOW TRACI	8:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA <i>*04/05 & 04/12 POP-UP!</i>	9:30 AM (CS) CLASSIC BARRE ROBSON
8:30 AM (VS) STRETCH & TONE SUMMER	8:30 AM (VS) DYNAMIC STRENGTH SAM	9:30 AM (VS) VINYASA FLOW TATIANA	8:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	8:30 AM (VS) HIIT BOXING SUMMER	9:30 AM (CC) TURN IT UP CYCLE TRACI	9:30 AM (CC) RHYTHM RIDE ELIZABETH <i>*04/27 POP-UP!</i>
9:30 AM (VS) VINYASA FLOW TATIANA	9:30 AM (VS) DANCEFIT BLAST JOJO	9:30 AM (CS) CLASSIC BARRE ROBSON	8:30 AM (VS) DYNAMIC STRENGTH SAM	8:30 AM (CS) CLASSIC BARRE ROBSON	9:30 AM (RS) REFORMER PILATES FLOW CLAUDIA	9:30 AM (VS) DYNAMIC STRENGTH SAM
10:30 AM (CS) CLASSIC BARRE ROBSON	9:30 AM (CC) POWER BEAT CYCLE ELIZABETH	10:30 AM (CS) CLASSIC BARRE ROBSON	9:30 AM (VS) DANCEFIT BLAST JOJO	9:30 AM (RS) REFORMER PILATES FLOW BRI		10:30 AM (VS) ZUMBA ROBSON
	10:30 AM (VS) FOREVER STRONG DIANNA		9:30 AM (CC) POWER BEAT CYCLE ELIZABETH	9:30 AM (VS) VINYASA FLOW TATIANA		ROOFTOP MAT PILATES BRI <i>*04/06 POP-UP!</i>
	11:30 AM (CS) BARRE TECHNIQUE DIANNA		10:30 AM (VS) FOREVER STRONG DIANNA	10:30 AM (RS) REFORMER PILATES FLOW BRI		
			11:30 AM (CS) BARRE TECHNIQUE DIANNA			

MONDAY

**4:30 PM (RS)
REFORMER PILATES
FLOW
TRACI**

**5:30 PM (CS)
BARRE BLEND
TRACI**

**5:30 PM (VS)
HIIT BOXING
SUMMER**

**6:30 PM (CC)
POWER BEAT CYCLE
TRACI**

**6:30 PM (VS)
XTREME FIT
CLAUDIA**

**7:30 PM (VS)
YOGA POWER FLOW
ELIZABETH**

TUESDAY

**12:30 PM (VS)
RESTORATIVE STRETCH
DIANNA**

**5:15 PM (RS)
REFORMER PILATES
FLOW
ELIZABETH**

**5:30 PM (VS)
MAT PILATES
STEPHANIE**

**6:30 PM (CC)
POWER BEAT CYCLE
STEPHANIE**

**6:30 PM (VS)
HIIT
DIANNA**

**7:30 PM (CS)
BARRE BLEND
CLAUDIA**

WEDNESDAY

**12:00 PM (RS)
ATHLETIC REFORMER
PILATES
DAKOTA
04/16 POP-UP!*

**12:30 PM (CC)
REBEL RIDE CYCLE
JOJO**

**4:30 PM (RS)
REFORMER PILATES
FLOW
STEPHANIE**

**5:30 PM (VS)
POWER SCULPT
TRACI**

**6:30 PM (CC)
POWER BEAT CYCLE
TRACI**

**6:30 PM (CS)
CLASSIC BARRE
ROBSON**

**6:30 PM (RS)
REFORMER PILATES FLOW
ELIZABETH**

**7:30 PM (RS)
REFORMER PILATES FLOW
ELIZABETH**

**7:30 PM (VS)
ZUMBA
ROBSON**

THURSDAY

**12:00 PM (RS)
ATHLETIC REFORMER
PILATES
DAKOTA
04/17 POP-UP!*

**12:30 PM (VS)
RESTORATIVE STRETCH
DIANNA**

**3:30 PM (RS)
ATHLETIC REFORMER
PILATES
DAKOTA**

**4:30 PM (RS)
ATHLETIC REFORMER
PILATES
DAKOTA**

**5:30 PM (RS)
REFORMER PILATES FLOW
ELIZABETH**

**5:30 PM (VS)
MAT PILATES
STEPHANIE**

**6:30 PM (CC)
POWER BEAT CYCLE
STEPHANIE**

**6:30PM (RS)
REFORMER PILATES FLOW
ELIZABETH**

**6:30PM (VS)
HIIT
DIANNA**

**7:30PM (VS/RD*)
ADV. YOGA FLOW
ELIZABETH
04/10 POP-UP!*

FRIDAY

**12:00 PM (RS)
ATHLETIC REFORMER
PILATES
DAKOTA
04/04 POP-UP!*

SATURDAY

SUNDAY

ADVANCED YOGA POWER FLOW	Further your practice with advanced poses that challenge your strength, balance, and flexibility, focusing on complex inversions and deep core work.
ATHLETIC REFORMER PILATES	Elevate your fitness with a dynamic fusion of strength, flexibility, and athletic conditioning on the Pilates reformer machine.
BARRE BLEND	Blend ballet-inspired movements with Pilates, strength training, and cardio for a full body workout that sculpts and tones with every session.
BARRE TECHNIQUE	Fuse ballet-inspired movements with strength training and cardio for a full body workout that tones, sculpts, and energizes.
CLASSIC BARRE	Experience the elegance of ballet with classic barre exercises that enhance strength, flexibility, and grace for a toned and sculpted physique.
DANCEFIT BLAST	Dance your way to fitness with vibrant, high-energy routines set to the hottest beats for a full body workout that's as fun as it is effective.
DYNAMIC STRENGTH	Boost your performance by blending functional fitness with strength and conditioning exercises to prepare for practical, real-world scenarios.
FOREVER STRONG	A low-impact class designed to build strength, flexibility, joint stability, and mobility; keeping you functional and vibrant for everyday life.
HIIT	H.I.I.T: High Intensity Interval Training. Get your heart rate up through explosive bursts and recovery for maximum calorie burn and endurance.
HIIT BOXING	Combine conditioning drills, punches, and kicks with HIIT intervals to boost strength, endurance, and agility; all while torching calories.
MAT PILATES	Focus on strength, stability, breath control, and flexibility by leveraging your body weight during this slower paced, mat-based Pilates class.
POWER BEAT CYCLE	Ignite your ride with a high energy class packed with intense intervals and electrifying beats to push your limits and supercharge your workout.
POWER SCULPT	Maximize your workout with a powerful class that combines strength training and sculpting moves to build muscle and enhance your physique.
REBEL RIDE CYCLE	Defy the ordinary with intense intervals and heavy rock beats. WARNING: Expect a raw, rebellious playlist with explicit tracks that'll push your limits.
REFORMER PILATES FLOW	Experience a seamless blend of flowing movements and controlled resistance on the Pilates reformer, enhancing strength, flexibility, and core stability.
RESTORATIVE STRETCH	Release tension, improve flexibility, and aid recovery with mindful stretches and foam rollers for relaxation, balance, and overall body restoration.
STRETCH & TONE	Revitalize your routine with a full-body stretch and mobility class designed to strengthen your core and enhance functional movement!
SUNRISE CYCLE	Start your day with an invigorating cycling class that combines rhythmic rides and energizing intervals for a refreshing, full body workout.
TOTAL BODY RESET	Using muscles from head to toe, this low impact strength/mobility/cardio combo class will leave you feeling energized and ready for the day!
TURN IT UP CYCLE	Push your limits with a dynamic cycling class featuring intense intervals and energizing beats for a powerful, full body workout.
VINYASA FLOW	Find the connection between breath, mind, and movement, and feel aligned and rejuvenated after this restorative Vinyasa yoga class.
XTREME FIT	Challenge yourself through a series of circuit training, endurance, and strength exercises to improve cardiovascular health and boost metabolism.

YOGA POWER FLOW	Build a strong mind-body connection by incorporating yoga poses that focus on core, inversions, and balancing.
ZUMBA®	Ignite your passion for movement with an energetic dance class that blends fun, fitness, and rhythm to boost your confidence and coordination.