



Hot Yoga and Body Sculpt

Schedule Effective: February 3, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am Spoga	5:30 am Power Pilates	5:30 am Cycling Express (45 minutes)	5:30 am Vinyasa	5:30 am Spoga	5:30 am Advanced Heat Sculpt	7:00 am Advanced Heat Sculpt
9:00 am Vinyasa	9:00 am Circuit	9:00 am Boot Camp Barre	9:00 am Interval Step	9:00 am CycleStrong	9:00 am Bike and Bands	8:00 am Cycling
10:30 am HIIT	9:30 am Hatha	9:30 am Fusion	9:30 am Hatha	9:30 am Gentle Flow	9:30 am Hatha	9:00 am Hatha
5:00 pm Hatha	10:15 Legs and Abs Express (45 minutes)	3:30 pm Spilates	12:00 pm Advanced Heat Sculpt	3:30 pm Hot Barre	10:15 am Arms and Abs Express (45 minutes)	9:30 am Boot Camp Barre
6:30 pm Yin	12:00 pm Hot Barre	5:00 pm Hatha	5:00 pm Spoga	5:00 pm Power Pilates	12:00 pm Vinyasa	
	5:00 pm Advanced Heat Sculpt	5:30 pm Arms and Abs Express (45 minutes)	5:45 pm Circuit	5:30 pm Cycling Express (45 minutes)	5:00 pm Fusion	
	5:30 pm CycleStrong	6:30 pm Vinyasa	6:30 pm Hatha	6:30 pm Vinyasa		
	6:45 pm Hatha	6:45 pm Bike and Bands	8:00 pm Yin	6:45 pm Barre		
	7:00 pm Barre	8:00 pm Hatha		8:00 pm Hatha		



Hot Yoga



Cold Class



Combo Class: available to all members

Childcare Hours

Monday, Wednesday: 9:00 am – 1:00 pm and 5:00 pm – 8:00 pm

Tuesday, Thursday: 9:00 am – 10:30 am and 3:30 pm – 8:00 pm

Friday: 9:00 am – 1:00 pm and 5:00 pm – 6:00 pm