



MONDAY	06:30 AM	Get Up + Glow Yoga
MONDAY	08:00 AM	Power Pilates
MONDAY	04:30 PM	Step + Sculpt (30 Mins!)
MONDAY	05:30 PM	Arms + Abs
MONDAY	05:30 PM	Happy Hour at the Barre
MONDAY	06:45 PM	Sloth Yoga
TUESDAY	06:30 AM	Double Espresso-OM
TUESDAY	09:00 AM	Length + Strength
TUESDAY	05:30 PM	Step + Sculpt
TUESDAY	05:30 PM	Booty Tuesday (Strength)
TUESDAY	06:45 PM	Twerk + Tone (Dance)
TUESDAY	06:45 PM	Box + Burn
WEDNESDAY	06:30 AM	Sunrise Boot Camp (45 Mins!)
WEDNESDAY	05:30 PM	Arms + Abs
WEDNESDAY	05:30 PM	Weekly Aliveness
WEDNESDAY	06:45 PM	Dance Fit (Low-Impact)
THURSDAY	06:00 AM	Rise + Shine Yoga
THURSDAY	09:00 AM	Zen Meditation + Stretch (Live Music!)
THURSDAY	04:30 PM	Down + Dirty (30 Minutes!)
THURSDAY	05:30 PM	Flex-Ability
THURSDAY	05:30 PM	Power Pilates
THURSDAY	06:45 PM	Twerk + Tone (Dance)
FRIDAY	06:30 AM	Core + Coffee (Pilates)
FRIDAY	07:45 AM	Mindfulness Matters
FRIDAY	09:00 AM	Sloth Yoga
FRIDAY	12:15 PM	Down + Dirty
FRIDAY	04:00 PM	Happy Hour at the Barre
FRIDAY	05:30 PM	Primal Pilates
SATURDAY	09:00 AM	Saturday Strong (Yoga, Strength)
SUNDAY	09:00 AM	Sunday Strong (Yoga, Strength)