

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BarreAmped 📍 6:00-7:00am	Flow 📍 5:30-6:30am	BarreAmped 📍 6:00-7:00am	Flow 📍 5:30-6:30am		Flow 📍 8:00-9:00am	
	MadPower Training 📍 6:45-7:30am	Flow 😊📍 9:30-10:30am	MadPower Training 📍 6:45-7:30am	Core Flow 😊📍 8:00-9:00am	Fit 📍 9:30-10:30am	Slow Flow 📍 8:30-9:30am
Yin 😊📍 9:30-10:30am	Fit 😊📍 9:30-10:30am		Fire x 26 😊📍 9:30-11:00am	Yin 😊📍 9:30-10:30am	Fusion 75 📍 11:00am-12:15pm	Fusion 75 📍 11:00am-12:15pm
BarreAmped 📍 12:00-1:00pm				BarreAmped 📍 12:00-1:00pm	BarreAmped 📍 12:45-1:45pm	
	Flow 📍 4:00-5:00pm	Advanced Flow 📍 5:30-6:30pm	BarreAmped 📍 4:00-5:00pm		Yin 📍 2:00-3:00pm	Flow 📍 5:30-6:30pm
Flow 75 📍 5:30-6:45pm	Fire x 26 📍 5:30-7:00pm	MadPower Training 📍 7:00-7:45pm	Fit 📍 5:30-6:30pm	Flow 📍 5:30-6:30pm	\$5 Flow 📍* 3:30-4:30pm	MadPower Training 📍 7:00-7:45pm
Fusion 75 📍 7:15-8:30pm	Slow Flow 📍 7:30-8:30pm	Slow Flow 📍 8:30-9:30pm	Fire x 26 📍 7:00-8:30pm		* Check online, not offered some weeks	
Slow Flow 📍 9:00-10:00pm			Yin 📍 9:00-10:00pm			Chakra Flow 📍 8:15-9:15pm

😊 childcare available 📍 105° 📍 95° 📍 90° 📍 85°

Schedule subject to change. Always check online for the most updated & accurate schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Flow 📉 5:30-6:30am		Flow 📉 5:30-6:30am		Flow 📉 5:30-6:30am	Flow 📉 7:30-8:30am	Fit 📉 8:30-9:30am
Flow 😊📉 9:00-10:00am		Flow 😊📉 9:00-10:00am	Flow 📉 9:00-10:00am	Flow 😊📉 9:00-10:00am	Yin 📉 9:00-10:00am	Flow 75 📉 10:00-11:15am
Fusion 60 😊📉 11:00am-12:00pm	Flow 😊📉 11:00am-12:00pm	Slow Flow 📉 11:00am-12:00pm	Fusion 75 😊📉 11:00am-12:15pm	Fire x 26 📉 11:30am-1:00pm	Flow 📉 10:30-11:30am	Fusion 75 📉 11:45am-1:00pm
Core Flow 📉 12:30-1:30pm	MadPower Training 📉 12:30-1:15pm	Flow 📉 12:30-1:30pm	MadPower Training 📉 12:30-1:15pm		Fire x 26 📉 12:00-1:30pm	Yin 📉 1:30-2:30pm
Flow 📉 4:00-5:00pm						
Flow 📉 5:30-6:30pm	Slow Flow 📉 5:15-6:15pm	Core Flow 📉 4:00-5:00pm		Flow 📉 4:00-5:00pm		MadPower Training 📉 5:15-6:00pm
Fire x 26 📉 7:00-8:30pm	Flow 📉 6:30-7:30pm	Fit 📉 5:30-6:30pm	MadPower Training 📉 5:30-6:15pm	Fusion 60 📉 5:15-6:15pm		
	Chakra Flow 📉 8:00-9:00pm	Fire x 26 📉 7:00-8:30pm	Core Flow 📉 7:00-8:00pm			Slow Flow & Meditation 📉 7:00-8:30pm

😊 childcare available 📉 105° 📉 95° 📉 90°

Schedule subject to change. Always check online for the most updated & accurate schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BarreAmped  5:45-6:45am		BarreAmped  5:45-6:45am			BarreAmped  7:45-8:45am	
BarreAmped   9:00-10:00am	BarreAmped   9:00-10:00am	BarreAmped   9:00-10:00am	BarreAmped  9:00-10:00am	BarreAmped Advanced   9:00-10:00pm	BarreAmped  9:30-10:30am	BarreAmped  9:30-10:30am
BarreAmped   11:00am-12:00pm				Non-Heated Slow Flow  11:00am-12:00pm	Non-Heated Slow Flow  11:00am-12:00pm	BarreAmped + Yoga  11:00-12:30pm
Non-Heated Slow Flow  12:30-1:30pm	Non-Heated Slow Flow  12:00-1:00pm	BarreAmped  12:00-1:00pm	BarreAmped  12:00-1:00pm	BarreAmped  12:30-1:30pm		
BarreAmped  5:15-6:15pm	BarreAmped  4:00-5:00pm		Non-Heated Slow Flow  5:15-6:15pm			Prenatal Yoga  4:30-5:30pm
Non-Heated Fit 45  6:45-7:30pm	BarreAmped Advanced   5:30-6:30pm	BarreAmped Advanced   6:30-7:30pm	BarreAmped  6:30-7:30pm	BarreAmped  4:00-5:00pm		Non-Heated Flow 75  6:15-7:30pm
Non-Heated Yin  9:00-10:00pm	BarreAmped + Yoga   7:00-8:30pm	Non-Heated Slow Flow  8:00-9:00pm		Non-Heated Flow  5:30-6:30pm		

 childcare available  75°

Schedule subject to change. Always check online for the most updated & accurate schedule