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2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4:00-5:00 pm Restorative (Non-Heated)</p> <p><i>*One Sunday per month will be a Holy Yoga Restorative or Holy Yoga Flow class</i></p>	<p>5:30-6:15 am Get FITT w/ HIIT (Non-Heated)</p> <p>8:30-9:30 am Barre (Non-Heated)</p> <p>5:30-6:30 pm Flow (Heated)</p>	<p>5:30-6:15 am Warrior Sculpt (Heated)</p> <p>12:00-12:45 pm Flow Express (Non-Heated)</p> <p>5:30-6:30 pm Flow (Heated)</p>	<p>5:30-6:15 am Rise Up Flow (Heated)</p> <p>8:30-9:30 am Warrior Sculpt/Barre Combo (Non-Heated)</p> <p>4:00-5:00 pm Flow (Heated)</p>	<p>5:30-6:15 am Warrior Sculpt (Heated)</p> <p>12:00-12:45 pm Slow Flow Express (Non-Heated)</p> <p>5:30-6:30 pm Get FITT w/ HIIT (Non-Heated)</p> <p>8:00-9:00 pm Yin Yoga (Warm room)</p>	<p>5:30-6:15 am Barre (Heated)</p> <p>8:30-9:30 am Barre (Non-Heated)</p>	<p>8:00-9:00 Awaken Your Weekend (Heated)</p> <p>9:30-10:30 am Get FITT w/ HIIT (Non-Heated)</p>

Please view our schedule on the MindBody app  for up-to-date changes or cancellations