



CLASS SCHEDULE

Updated April 2022. Subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5:30AM

Burnout*

Yoga Sculpt*

Yoga CircHIIT*

Yoga Sculpt*

Burnout*

7:00AM

Burnout*

8:00AM

Power Yoga

Power Yoga

Power Yoga

8:00AM

Yoga Sculpt*
Power Yoga

Yoga Sculpt*
Power Yoga

8:30AM

Yoga Sculpt*

Burnout*

Yoga Sculpt*

Burnout*

Yoga CircHIIT*

9:30AM

Burnout*
Power Yoga
Barre

Yoga CircHIIT
HotYasa
Barre*

9:00AM

Barre

Barre

4:30PM

Yoga Sculpt*

10:00AM

Burnout*

Yoga Sculpt*

Yoga CircHIIT*

Power Yoga

Yoga Sculpt*

6:00PM

Cardio Dance

4:30PM

Burnout

Yoga Sculpt*

Yoga Sculpt*

SlowFlow Yoga

7:30PM

Candlelight
Yoga

6:00PM

Yoga Sculpt*
Barre
Power Yoga

Burnout*
Power Yoga

Yoga Sculpt*
Barre
Power Yoga

Kettlebells +
Kickboxing
Power Yoga

7:30PM

HotYasa

Candlelight
Yoga

Cardio Dance

Candlelight
Yoga

*livestreamed via Zoom