

The Studio schedule



MONDAY

8:00-9:00am **STUDIO FLOW 1.5**
[75] Molly

9:30-10:30am **STUDIO SCULPT**
[85] PD

10:45-11:45am **STUDIO FLOW 2**
[75] Danielle

12:00-1:00pm **STUDIO POWER**
[95] Allie

6:15-7:15pm **STUDIO HOT FUSION**
[105] Heather

8:00-9:00pm **STUDIO RESTORE**
[85] Rachel

TUESDAY

6:00-7:00am **STUDIO HOT**
[105] Barb

8:15-9:15am **STUDIO SCULPT**
[85] PD

9:30-10:45am **STUDIO PEAK +**
[95] Allie

12:00-1:00pm **STUDIO HOT**
[105] Allie

4:30-5:30pm **STUDIO FLOW 1**
[75] Danielle

xP 7:30-8:15pm **STUDIO FLOW 2**
[85] Karen F.

8:30-9:30pm **STUDIO YIN**
[85] Karen F.

KEY

xP	EXPRESS CLASS (30 or 45 min)
+	75 minute class
++	90 minute class
[75]	75 degrees
[85]	85 degrees
[95]	95 degrees
[105]	105 degrees

WEDNESDAY

6:00-7:00am **STUDIO FLOW 2**
[95] Farrah

7:15-8:15am **STUDIO HOT FUSION**
[105] Lauren

9:30-10:30am **STUDIO POWER**
[95] Corie/Heather

xP 10:45-11:15am **STUDIO RESTORE**
[85] Corie/Heather

12:00-12:45pm **STUDIO SPACE**
Corie

1:00-2:00pm **STUDIO HOT FUSION**
[105] Corie/Heather

5:30-6:30pm **STUDIO FLOW 2**
[95] Maggie

THURSDAY

6:00-7:00am **STUDIO POWER/SCULPT**
[95] Not meeting

9:30-10:30am **STUDIO POWER**
[95] PD

11:00-12:00pm **STUDIO FLOW 2**
[95] Lauren

1:00-2:00pm **STUDIO HOT FUSION**
[105] Lauren

5:00-6:00pm **STUDIO FLOW 1**
[75] Beth

6:45-7:45pm **STUDIO POWER**
[85] Rachel

xP 8:00-8:45pm **STUDIO YIN**
[75] Rachel

FRIDAY

7:30-8:30am **STUDIO POWER**
[85] Corie

xP 8:45-9:15am **STUDIO RESTORE**
[85] Corie

9:30-10:30am **STUDIO HOT FUSION**
[105] Corie/Lauren

10:45-11:45am **HOT PILATES**
Sheri

1:30-2:30pm **STUDIO FLOW 1.5**
[75] Corie (A)
Farrah (B)

5:00-6:15pm **STUDIO FLOW 2 +**
[85] Karen (A)
Rachel (B)

SATURDAY

8:00-9:00am **STUDIO FLOW 1**
[75] Carrie (A)
Beth (B)

9:15-10:15am **STUDIO FLOW 2**
[85] Jeannie

10:30-11:30am **STUDIO SCULPT**
[95] Danielle

SUNDAY

xP 7:30-8:15am **STUDIO POWER**
[95] Corie

1:00-2:00pm **STUDIO FLOW 2**
[85] Justin

2:30-3:30pm **STUDIO HOT**
[105] Justin

4:00-5:00pm **STUDIO RESTORE**
[85] Farrah (A)
Courtney (B)

The Studio Memberships required for classes or \$15 Drop-in Rate applies. Must reserve spot online.

Last Updated 1/31/2019 Modifications to the schedule may occur