

# The Studio schedule



## MONDAY

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

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

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

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 FLOW 2**  
[85] Elizabeth

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

12:30-1:30pm **STUDIO SCULPT**  
[85] Rotating

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

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

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

4:30-5:30pm **STUDIO FLOW 2**  
[95] Ellen

6:30-7:30pm **STUDIO HOT FUSION**  
[105] Ellen

## THURSDAY

6:00-7:00am **STUDIO POWER/SCULPT**  
[95] Ellen

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

11:00-12:00pm **STUDIO FLOW 2 (Hot)**  
[105] Lauren

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

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

7:15-8:15pm **STUDIO FLOW 2**  
[75] Rachel

xP 8:30-9:15pm **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] Elizabeth

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

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

## SATURDAY

8:00-9:00am **STUDIO FLOW 1**  
[75] Justin (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] Elizabeth

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

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

Last Updated 10/31/2018