

The Studio schedule



MONDAY

8:00-9:00am [105]	STUDIO HOT Allie
9:30-10:30am [85]	STUDIO SCULPT Elena
12:00-1:00pm [95]	STUDIO POWER Corie
6:15-7:15pm [105]	STUDIO HOT Barb
8:00-9:00pm [75]	STUDIO RESTORE Rachel

TUESDAY

6:00-7:00am [105]	STUDIO HOT Beth
8:15-9:15am [85]	STUDIO FLOW 2 Lauren
9:30-10:45am [95]	STUDIO PEAK + Allie
11:00-12:00pm [105]	STUDIO HOT FUSION Elizabeth
12:30-1:30pm [85]	STUDIO FLOW 2 Farrah
4:30-5:30pm [85]	STUDIO FLOW 1 Rotating
xP 7:30-8:15pm [85]	STUDIO FLOW 2 Karen F.
8:30-9:30pm [85]	STUDIO YIN 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

7:15-8:15am [105]	STUDIO HOT FUSION Lauren
9:30-10:30am [85]	STUDIO FLOW 2 Corie
xP 10:45-11:15am [85]	STUDIO RESTORE Corie
12:00-1:00pm [95]	SLOW FLOW Rotating
6:30-7:30pm [95]	STUDIO POWER Ellen
8:00-9:00pm [105]	STUDIO HOT FUSION Ellen

THURSDAY

6:00-7:00am [95]	STUDIO POWER/SCULPT Ellen
9:30-10:30am [85]	STUDIO SCULPT PD
1:00-2:00pm [105]	STUDIO HOT FUSION Lauren
5:00-6:00pm [75]	STUDIO FLOW 1 Beth
7:15-8:15pm [95]	STUDIO FLOW 2 Rachel
xP 8:30-9:15pm [85]	STUDIO YIN Rachel

FRIDAY

7:30-8:30am [85]	STUDIO POWER Corie (A) Elizabeth (B)
xP 8:45-9:15am [85]	STUDIO RESTORE Corie (A) Elizabeth (B)
9:30-10:30am [105]	STUDIO HOT FUSION Allie
11:30-12:30pm [75]	STUDIO FLOW 1 Farrah
5:00-6:15pm [85]	STUDIO FLOW 2 + Karen (A) Rachel (B)

SATURDAY

8:00-9:00am [75]	STUDIO FLOW 1 Stephanie (Rotation A) Beth (Rotation B)
9:15-10:15am [85]	STUDIO FLOW 2 Jeannie
10:30-11:30am [95]	STUDIO SCULPT Elena

SUNDAY

xP 7:30-8:15am [95]	STUDIO POWER Corie
1:00-2:00pm [85]	STUDIO FLOW 2 Elizabeth
2:30-3:30pm [105]	STUDIO HOT Elizabeth
4:00- 5:00pm [85]	STUDIO RESTORE Farrah (Rotation A) Courtney (Rotation B)

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

Last Updated 7/17/2018