

# Summer Preview!

Effective 6/11

# The Studio schedule



## MONDAY

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

## TUESDAY

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

## THURSDAY

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

## FRIDAY

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

## SATURDAY

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

## SUNDAY

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

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

Last Updated 5/30/2018