

MONDAY

5:30-6:25am [75]	STUDIO FLOW 1 Courtney
9:30-10:30am [85]	STUDIO SCULPT Elena
12:00-1:00pm [95]	STUDIO POWER Allie
1:30-2:30pm [85]	STUDIO FLOW 2 Corie
6:00-7:00pm [105]	STUDIO HOT Barb
8:00-9:00pm [75]	STUDIO RESTORE Amy

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 [85]	STUDIO SCULPT PD
1:30-2:30pm [85]	STUDIO FLOW 2 Farrah
4:30-5:30pm [95]	STUDIO POWER Allie
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

The Studio schedule



WEDNESDAY

xP 5:30-6:10am [85]	STUDIO POWER Corie
xP 6:15-6:45am [85]	STUDIO RESTORE Corie
7:00-8:00am [105]	STUDIO HOT FUSION Lauren
9:30-10:30am [85]	STUDIO FLOW 2 Corie
1:00-2:00pm [105]	STUDIO HOT Allie
4:30-5:30pm [85]	STUDIO FLOW 2 Molly
6:30-7:30pm [95]	STUDIO POWER Allie
8:00-9:00pm [105]	STUDIO HOT FUSION Courtney (Rotation A) Corie (Rotation B)

THURSDAY

5:30-6:25am [85]	STUDIO FLOW 2 Courtney
8:00-9:00am [75]	STUDIO FLOW 1 Molly
9:30-10:30am [85]	STUDIO SCULPT PD
11:00-12:00pm [75]	STUDIO ALIGN Barb
1:00-2:00pm [105]	STUDIO HOT FUSION Lauren
5:00-6:00pm [75]	STUDIO FLOW 1 Beth
7:15-8:30pm [95]	STUDIO FLOW 2 + Kristin
xP 8:45-9:15pm [85]	STUDIO YIN Kristin

FRIDAY

7:30-8:30am [85]	STUDIO POWER Corie
9:30-10:30am [85]	STUDIO FLOW 2 Farrah
12:00-1:00am [75]	STUDIO SCULPT Jessica
1:30-2:30pm [75]	STUDIO FLOW 1 Farrah
5:00-6:15pm [85]	STUDIO FLOW 2 + Karen (Rotation A) Kristin (Rotation B)

SATURDAY

8:00-9:00am [75]	STUDIO FLOW 1 Amy (Rotation A) Beth (Rotation B)
9:15-10:15am [85]	STUDIO FLOW 2 Jeannie
10:30-11:30am [95]	STUDIO SCULPT Jeannie
12:00-1:00pm [75]	STUDIO SCULPT Elena

SUNDAY

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

1/15/2018 3:18 PM

The Studio Memberships required for classes or \$15 Drop-in Rate applies. Must reserve spot online. Modifications to the schedule may occur