

MONDAY

6:00-7:00am	STUDIO HOT FUSION [105]	Courtney
9:30-10:30am	STUDIO SCULPT [85]	Elena
12:00-1:00pm	STUDIO POWER [95]	Allie
1:30-2:30pm	STUDIO FLOW 2 [85]	Corie
6:15-7:15pm	STUDIO HOT [105]	Barb
8:00-9:00pm	STUDIO RESTORE [75]	Amy

TUESDAY

6:00-7:00am	STUDIO HOT [105]	Beth
8:15-9:15am	STUDIO FLOW 2 [85]	Lauren
9:30-10:45am	STUDIO PEAK + [95]	Allie
11:00-12:00pm	STUDIO FLOW 1 [75]	Joan V
1:30-2:30pm	STUDIO FLOW 2 [85]	Farrah
4:30-5:30pm	STUDIO POWER [95]	Allie
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

The Studio schedule



WEDNESDAY

6:00-7:00am	STUDIO POWER/SCULPT [95]	Corie
7:15-8:15am	STUDIO HOT FUSION [105]	Lauren
9:30-10:30am	STUDIO FLOW 2 [85]	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 [85]	Molly
6:30-7:30pm	STUDIO POWER [95]	Allie
8:00-9:00pm	STUDIO HOT FUSION [105]	Temporarily Postponed

THURSDAY

6:00-7:00am	STUDIO FLOW 2 [85]	Courtney
8:00-9:00am	STUDIO FLOW 1 [75]	Molly
9:30-10:30am	STUDIO SCULPT [85]	PD
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 [95]	Rotating
xP 8:30-9:15pm	STUDIO YIN [85]	Rotating

FRIDAY

7:30-8:30am	STUDIO POWER [85]	Corie
xP 8:45-9:15am	STUDIO RESTORE [85]	Corie
9:30-10:30am	STUDIO FLOW 2 [85]	Farrah
1:30-2:30pm	STUDIO FLOW 1 [75]	Farrah
5:00-6:15pm	STUDIO FLOW 2 + [85]	Karen

SATURDAY

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

SUNDAY

xP 7:30-8:15am	STUDIO POWER [95]	Allie (Rotation A) Corie (Rotation B)
1:00-2:00pm	STUDIO FLOW 2 [85]	Stephanie
2:30-3:30pm	STUDIO HOT [105]	Stephanie
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 4/6/2018 (schedule is effective beginning Monday April 9, 2018)