




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 	2 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	3 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Jodi 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	4 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	5 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	6 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia	
7 3:30 BodyPump Paige	8 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Stretch & Mobility Deanna 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	9 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	10 8:30 Barre Fusion Julie 9:35 BodyCombat Antonio 11:05 PT: Cardio Ball Drumming Jodi 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	11 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	12 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Betsey 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	13 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Paige	
14 3:30 BodyPump Betsey	15 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Paige NO TONE CLASS 10:30 Stretch & Mobility Paige 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	16 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	17 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Jodi 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	18 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	19 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	20 Join Us for all new Les Mills Releases!! 8:00 GRIT 8:30 Bodycombat 9:05 TONE 9:45 Bodypump 10:40 LM Core	
21 3:30 BodyPump Paige	22 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Deanna 9:35 Les Mills TONE Amelia 10:30 Stretch & Mobility Amelia 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	23 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	24 8:30 Barre Fusion Julie 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Jodi 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	25 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Juli 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	26 5:30 HIIT Circuit Annie 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Sherri 12:00 Power Yoga Heidi	27 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Amelia	
28 3:30 BodyPump Adrienne 4:30 Rest & Restore Yoga Sara	29 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Amelia 9:35 Les Mills TONE Deanna 10:30 Stretch & Mobility Deanna 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	30 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 Yin Yoga Laleh 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 5:30 N10c Gaby 6:35 Bodycombat Paige	31 8:30 BarreBody Maura 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Jodi 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h2>The Studio – January 2024</h2> </div>			


The Haven – January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	3 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	4 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	5 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	6 8:30 Slow Flow Yoga Juli 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
4:30 Rest & Restore Yoga Sara	8 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	9 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	10 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	11 8:30 Gentle Yoga Jill 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	12 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	13 8:30 Slow Flow Yoga Michele 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
14 4:30 Rest & Restore Yoga Sara	15 8:30 Hatha Flow Yoga Christine 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	16 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	17 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	18 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	19 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	20 8:30 Slow Flow Yoga Michele 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
21 4:30 Rest & Restore Yoga Sara	22 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	23 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	24 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele	25 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin yoga Corrin 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	26 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Antonio	27 8:30 Slow Flow Yoga Jill 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
28 Studio 2 Closed for Yoga Teacher Training No Virtual Classes See Studio 1 Schedule	29 8:30 Hatha Flow Yoga Christine 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	30 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Laleh 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Juli	31 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Michele 6:35 Yin Yoga Michele			

The Loft – January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3 9:35 Sprint Amelia	4 9:35 Spintense Emily 6:00 Sprint Kim	5 8:30 RPM Betsey	6 9:00 Sprint Paige
7	8 9:35 Sprint Emily 6:00 Sprint Kristin	9	10 9:35 Sprint Amelia	11 9:35 Spintense Emily 6:00 Sprint Kim	12 8:30 RPM Betsey	13 9:00 Sprint Emily
14	15 9:35 Sprint Emily 6:00 Sprint Kim	16	17 9:35 Sprint Amelia	18 9:35 Spintense Emily 6:00 Sprint Kim	19 8:30 RPM Betsey	20 Join us for an all-new RPM 100 Launch at 9:00am
21	22 9:35 Sprint Emily 6:00 Sprint Kristin	23	24 9:35 Sprint Amelia	25 9:35 Spintense Emily 6:00 Sprint Kim	26 8:30 RPM Betsey	27 9:00 Sprint Amelia
28	29 9:35 Sprint Emily 6:00 Sprint Kristin	30	31 9:35 Sprint Amelia			

The Tides – January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	3 9:35 Water Aerobics Jodi	4 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	5 9:35 Water Aerobics Sherri	6 9:35 Water Aerobics Sherri
7	8 9:35 Water Aerobics Kelly	9 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	10 9:35 Water Aerobics Jodi	11 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	12 9:35 Water Aerobics Sherri	13 9:35 Water Aerobics Kelly
14	15 9:35 Water Aerobics Amy	16 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	17 9:35 Water Aerobics Jodi	18 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	19 9:35 Water Aerobics Kelly	20 9:35 Aqua Zumba Alma
21	22 9:35 Water Aerobics Amy	23 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda	24 9:35 Water Aerobics Jodi	25 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	26 9:35 Water Aerobics Kelly	27 9:35 Aqua Zumba Alma
27	29 9:35 Water Aerobics Kelly	30 9:35 Water Yoga Christine 7:05 Aqua Zumba Rolanda	31 9:35 Water Aerobics Jodi			