

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	2 8:30 Slow Flow Yoga Christine 9:35 90-Minute Detox & Yin Yoga Shwetha NO EVENING CLASSES	3 8:30 Gentle Yoga Christine 9:35 Multilevel Yoga Shwetha 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	4 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Jill 5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha	5 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Abby 10:40 75 Min Yin Yoga Jill 5:30 Cardio Yoga Taylor 6:35 BodyBalance Renee	6 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia	7 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill	
8 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	9 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 Jill	10 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Shwetha 10:40 BarreBody Jill 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	11 8:30 Yin Yoga Jill 9:35 Mat Pilates Jill 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Shwetha 6:35 Yin Yoga Shwetha	12 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 Adrienne	13 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia **4:00 Restorative Yoga Workshop Corrin 6:00 Studio 2 closed for Yoga Teacher Training No Virtual Classes	14 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill Studio 2 closed for Yoga Teacher Training No Virtual Classes	
15 Studio 2 closed for Yoga Teacher Training No Virtual Classes **10:30 Power Yoga moved to Studio One 4:30 Rest & Restore Yoga Sara	16 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	17 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Alex	18 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Christine 6:35 Yin Yoga Jill	19 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	20 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	21 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox QiQi 10:40 Restorative Yogalates Jill	
22 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	23 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	24 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Alex	25 8:30 Yin Yoga Maura 9:35 Mat Pilates Maura 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow & Stretch Christine 6:35 Yin Yoga Jill	26 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	27 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna 6:00 Studio 2 closed for Yoga Teacher Training No Virtual Classes	28 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Alex 10:40 Restorative Yogalates Jill Studio 2 closed for Yoga Teacher Training No Virtual Classes	
29 Studio 2 closed for Yoga Teacher Training No Virtual Classes **10:30 Power Yoga moved to Studio One 4:30 Rest & Restore Yoga Sara	30 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Hot Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Yogalates Jill 6:35 Gentle Yoga Michele	<div style="border: 2px solid black; padding: 5px; display: inline-block;"> The Haven - September 2024 </div>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 3:30 BodyPump Sarah	2 8:30 Step & Strength Mica 9:35 HIIT Taylor 10:40 Bodypump Taylor NO EVENING CLASSES	3 5:30 N10c Annie 8:30 Strength Gaby 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa NO 5:30 CLASS 6:35 Bodycombat Paige	4 8:30 Barre Fusion Julie 9:35 Bodycombat Deanna NO 11:00 CLASS 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	5 5:30 N10c Annie 8:30 Strength Gaby 9:35 BodyPump Heidi NO 10:40 CLASS 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	6 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	7 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz	
8 3:30 BodyPump Adrienne	9 5:30 BodyPump Stacey 8:30 Step Gaby 9:30 N10c Kaitlin 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	10 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Amelia 10:40 WERQ Lizz 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:00 N10c Kaitlin 6:35 Bodycombat Paige	11 8:30 Barre Fusion Julie 9:35 HIIT Amelia 11:05 PT: Strength & Stretch Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Adrienne 6:35 Zumba Erin	12 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	13 8:30 Step & Strength Gaby 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi **Country Dance 6:00-8:00	14 8:00 GRIT Paige 8:30 HIIT Paige 9:35 BodyPump Paige 10:40 WERQ Michele	
15 10:30 Power Yoga Brooke 3:30 BodyPump Sarah	16 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	17 5:30 N10c Annie 8:30 Strength Kaitlin 9:35 BodyPump Deanna 10:40 WERQ Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:00 N10c Kaitlin 6:35 Bodycombat Paige	18 8:30 Barre Fusion Julie 9:35 Bodycombat Deanna 11:05 PT: Strength & Stretch Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	19 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Kaitlin 6:35 Les Mills Core Heidi	20 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Alignment Check Mica 12:00 Power Yoga Heidi	21 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz	
22 3:30 BodyPump Adrienne	23 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	24 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:00 N10c Kaitlin 6:35 BODYCOMBAT 100 LAUNCH	25 8:30 Barre Fusion Julie 9:35 BODYCOMBAT 100 LAUNCH 11:05 PT: Strength & Stretch Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	26 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:40 Gentle Yoga Jill 12:00 Condition & Stretch Sara 5:30 Mat Pilates Amy 6:00 N10c Paige 6:35 Les Mills Core Heidi	27 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi **6:00 – 8:00 NEON Phenomenon	28 8:00 GRIT Amelia 8:30 TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz	
29 10:30 Power Yoga Brooke 3:30 BodyPump Sarah	30 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		The Studio - September 2024				

The Loft - September 2024

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 9:35 Sprint Emily NO EVENING CLASSES	3	4 9:35 Sprint Amelia	5 9:35 Spintense Emily 6:00 Sprint Kim	6 8:30 Virtual RPM	7 9:00 Sprint Kristin
8	9 9:35 Sprint Emily 6:00 Sprint Kristin	10	11 9:35 Sprint Kim	12 9:35 Spintense Emily 6:00 Sprint Kim	13 8:30 RPM Betsey	14 9:00 Sprint Kristin
15	16 9:35 Sprint Emily 6:00 Sprint Paige	17	18 9:35 Sprint Amelia	19 9:35 Spintense Emily 6:00 Sprint Paige	20 8:30 RPM Betsey	21 9:00 Sprint Paige
22	23 9:35 Sprint Emily 6:00 Sprint Kristin	24	25 9:35 Sprint Amelia	26 9:35 Spintense Emily 6:00 Sprint Kim	27 8:30 RPM Betsey	28 9:00 Sprint Paige
29	30 9:35 Sprint Emily 6:00 Sprint Kristin					

The Tides - September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:35 Water Aerobics Laura	3 9:35 Water Yoga Kelly 7:05 Aqua Mix Michelle (Indoor Pool)	4 9:35 Water Aerobics Kelly	5 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy (Indoor Pool)	6 9:35 Water Aerobics Joan	7 9:35 Aqua Zumba Alma
8	9 9:35 Water Aerobics Kelly	10 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda (Indoor Pool)	11 9:35 Water Aerobics Amy	12 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy (Indoor Pool)	13 9:35 Water Aerobics Joan	14 9:35 Water Aerobics Joan
15	16 9:35 Water Aerobics Kelly	17 9:35 Water Yoga Michele 7:05 Aqua Mix Michelle (Indoor Pool)	18 9:35 Water Aerobics Kelly	19 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy (Indoor Pool)	20 9:35 Water Aerobics Joan	21 9:35 Water Aerobics Alma
22	23 9:35 Water Aerobics Kelly	24 9:35 Water Yoga Michele 7:05 Aqua Zumba Rolanda (Indoor Pool)	25 9:35 Water Aerobics Amy	26 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy (Indoor Pool)	27 9:35 Water Aerobics Joan	28 9:35 Water Aerobics Joan
29	30 9:35 Water Aerobics Kelly					