

# The Studio - November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Adrienne 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Alex	<b>2</b> 8:00 GRIT Paige 8:30 Bodycombat Paige 9:35 BodyPump Paige 10:40 WERQ Like A Boss Lizz
<b>3</b>  3:30 BodyPump Adrienne	<b>4</b> 5:30 BodyPump Stacey 8:30 Step Mica 9:30 N10c Kaitlin 9:35 Les Mills TONE Amelia 10:30 Stretch & Mobility Amelia 11:05 PT: Chair Stretch & Flex Yoga Corrin  5:30 BodyPump Paige 6:35 LM Core 30 Paige 7:10 Bodybalance Adrienne	<b>5</b> 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Lizz 12:00 BodyBalance Heidi  5:30 Total Body Conditioning Theresa 6:35 Bodycombat Paige	<b>6</b> 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	<b>7</b> 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	<b>8</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Heidi  <b>**Country Dance 6-8pm</b>	<b>9</b> 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele
<b>10</b>  3:30 BodyPump Sarah	<b>11</b> 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 Abby  5:30 BodyPump Heidi 6:35 LM Core 30 Heidi 7:10 Bodybalance Adrienne	<b>12</b> 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 6:35 Bodycombat Paige	<b>13</b> 8:30 Barre Fusion Julie 9:35 HIIT Amelia 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 Zumba Erin	<b>14</b> 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	<b>15</b> 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Heidi	<b>16</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Like A Boss Lizz
<b>17</b>  3:30 BodyPump Adrienne	<b>18</b> 5:30 BodyPump Paige 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	<b>19</b> 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 6:35 Bodycombat Paige	<b>20</b> 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	<b>21</b> 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	<b>22</b> 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan  12:00 Power Yoga Heidi	<b>23</b> 8:00 GRIT Amelia 8:30 Tone Amelia 9:35 BodyPump Amelia 10:40 WERQ Like A Boss Lizz
<b>24</b>  3:30 BodyPump Sarah	<b>25</b> 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	<b>26</b> 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 6:35 Bodycombat Paige	<b>27</b> 8:30 Barre Fusion Julie 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi  5:30 BodyPump Paige 6:35 Zumba Erin	<b>28</b>  <b>NO CLASSES</b>  <b>HAPPY THANKSGIVING!</b>	<b>29</b> 8:30 N10c Paige 9:30 Turkey Burner Taylor 10:35 BodyPump Taylor	<b>30</b> 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele

# The Haven – November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:30 Gentle Yoga Christine 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia  <b>**Restorative Yoga</b> <b>4-5:30pm</b> <b>6-7:30pm</b>	<b>2</b> 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>3</b> 10:30 Power Yoga Brooke   4:30 Rest & Restore Yoga Sara	<b>4</b> 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Hot Detox Yoga Abby 12:00 Holy Yoga Kelly  5:30 Yogalates Jill 6:35 Gentle Yoga Michele	<b>5</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	<b>6</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Shwetha 6:35 Yin Yoga Shwetha	<b>7</b> 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	<b>8</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	<b>9</b> 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>10</b> 10:30 Power Yoga Brooke   4:30 Rest & Restore Yoga Sara	<b>11</b> 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	<b>12</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Abby	<b>13</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Shwetha 6:35 Yin Yoga Shwetha	<b>14</b> 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	<b>15</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Amelia  <b>**Melt Peak</b> <b>Performance</b> <b>6-7:30pm</b>	<b>16</b> 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>17</b> 10:30 Power Yoga Brooke   4:30 Rest & Restore Yoga Sara	<b>18</b> 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	<b>19</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	<b>20</b> 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Shwetha 6:35 Yin Yoga Shwetha	<b>21</b> 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	<b>22</b> 8:30 Gentle Yoga Heidi 9:35 Mat Pilates Amy 10:40 Stretch & Mobility Deanna	<b>23</b> 8:30 Slow Flow Yoga Alex 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
<b>24</b> 10:30 Power Yoga Brooke   4:30 Rest & Restore Yoga Sara	<b>25</b> 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	<b>26</b> 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Jill  5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	<b>27</b> 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin  5:30 Slow Flow Shwetha 6:35 Yin Yoga Shwetha	<b>28</b>  <b>NO CLASSES</b>   <b>HAPPY</b> <b>THANKSGIVING!</b>	<b>29</b> 8:30 90 min Slow Flow Detox Christine 10:05 90 min Flow to Yin Shwetha	<b>30</b> 8:30 Slow Flow Yoga Michele 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill

# The Loft - November 2024

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