

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Studio - March 2025						
						1 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
2 3:30 BodyPump Sarah	3 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	4 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 7:40 Stretch & Mobility Dominic	5 7:45 Les Mills Core Kim 8:30 Les Mills Pilates Jill 9:35 Bodycombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 WERQ Michele	6 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Les Mills Pilates 6:00 BodyCombat 6:00 N10c Josh 6:30 BodyPump 7:00 Les Mills Core	7 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	8 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Lizz
9 3:30 BodyPump Sarah	10 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 Step Jasmine 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 Heidi 6:35 Les Mills Core Heidi 7:10 BodyBalance Adrienne	11 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Amelia 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic	12 7:45 Les Mills Core Kim 8:30 Les Mills Pilates Jill 9:35 HIIT Amelia 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	13 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Les Mills Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:40 Stretch & Mobility Kaitlin	14 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Amelia 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	15 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Lizz
16 3:30 BodyPump Adrienne	17 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 Step Mica 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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	18 5:30 N10c Annie 8:30 Strength Kaitlin 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:30 BodyCombat Paige 7:40 Stretch & Mobility Dominic	19 7:45 Les Mills Core Kim 8:30 Les Mills Pilates Maura 9:35 BodyCombat Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	20 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Les Mills Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:40 Stretch & Mobility Kaitlin	21 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Alignment Check Mica 12:00 Power Yoga Heidi	22 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Amelia 10:40 WERQ Michele H
23 10:30 Power Yoga Brooke 3:30 BodyPump Sarah	24 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 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 Les Mills Core Heidi 7:10 BodyBalance Adrienne	25 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Theresa 6:35 BodyCombat Paige 7:40 Stretch & Mobility Dominic	26 7:45 Les Mills Core Kim 8:30 Les Mills Pilates Maura 9:35 HIIT Deanna 11:05 PT: Cardio Ball Drumming Sabrina 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	27 5:30 N10c Annie 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Les Mills Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi 7:40 Stretch & Mobility Kaitlin	28 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Joan 12:00 Power Yoga Heidi	29 8:00 GRIT Amelia 8:30 Les Mills TONE Amelia 9:35 BodyPump Amelia 10:40 WERQ Michele H
30 3:30 BodyPump Sarah	31 5:30 BodyPump Stacey 7:30 BodyCombat 45 Caroline 8:30 Step Jasmine 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 Les Mills Core Heidi 7:10 BodyBalance Adrienne					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		The Haven – March 2025				1 8:30 Slow Flow Yoga QiQi 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
2 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	3 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	4 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	5 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow Jill 6:35 Yin Yoga Shwetha	6 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne 7:40 Stretch & Mobility Kaitlin	7 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Kaitlin	8 8:30 Slow Flow Yoga Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
9 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	10 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 H	11 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	12 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	13 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	14 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia	15 8:30 Slow Flow Yoga Jill 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
16 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	17 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 Jill	18 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 BarreBody Maura 5:30 Gentle Yoga Cecilia 6:35 Hot Detox Yoga Shwetha	19 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	20 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 Condition & Stretch Sara 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	21 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna ** Restorative Yoga 4:00-:5:30	22 8:30 Slow Flow Yoga Jill 9:30 Hot Detox Heidi 10:40 Restorative Yogalates Jill ** Yoga Teacher Training
23 ** Yoga Teacher Training 4:30 Rest & Restore Yoga Sara	24 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 H	25 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Hot Detox Yoga Shwetha	26 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	27 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 12:00 NO CLASS 5:30 Cardio Yoga Taylor 6:35 BodyBalance Adrienne	28 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna	29 8:30 Slow Flow Yoga Michele H 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
30 10:30 Power Yoga Brooke 4:30 Rest & Restore Yoga Sara	31 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 H					

The Loft - March 2025

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						1 9:00 Sprint Paige
2	3 9:35 Sprint Emily 6:00 Sprint Kristin	4 6:30 Spintense Emily	5 7:15 Sprint Kim 9:35 Sprint Amelia	6 9:35 Spintense Emily 6:30 Sprint (Special Time Tonight Only) Kim	7 8:30 RPM Betsey	8 9:00 Sprint Emily
9	10 9:35 Sprint Emily 6:00 Sprint Kristin	11 6:30 Spintense Emily	12 7:15 NO CLASS 9:35 Sprint Kim	13 9:35 Spintense Emily 6:00 Sprint Kim	14 8:30 RPM Betsey	15 9:00 Sprint Paige
16	17 9:35 Sprint Amelia 6:00 Sprint Kristin	18 6:30 NO CLASS	19 7:15 Sprint Kim 9:35 Sprint Amelia	20 9:35 Spintense Emily 6:00 Sprint Kristin	21 8:30 RPM Betsey	22 9:00 Sprint Amelia
23	24 9:35 Sprint Emily 6:00 Sprint Kristin	25 6:30 Spintense Emily	26 7:15 Sprint Kim 9:35 Sprint Amelia	27 9:35 Spintense Emily 6:00 Sprint Paige	28 8:30 RPM Betsey	29 9:00 Sprint Paige
30	31 9:35 Sprint Emily 6:00 Sprint Paige					

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
		The Tides - March 2025					1 9:35 Water Aerobics Bethanne
2	3 9:35 Water Aerobics Kelly 12:00 Tread and Shed John	4 9:35 Water Yoga Kelly 7:05 Aqua Zumba Rolanda	5 9:35 Water Aerobics Sabrina	6 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	7 9:35 Water Aerobics Joan	8 9:35 Aqua Zumba Alma	
9	10 9:35 Water Aerobics Kelly 12:00 Tread and Shed John	11 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	12 9:35 Water Aerobics Sabrina	13 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	14 9:35 Water Aerobics Joan	15 9:35 Water Aerobics Sabrina	
16	17 9:35 Water Aerobics Kelly 12:00 Tread and Shed John	18 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	19 9:35 Water Aerobics Sabrina	20 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	21 9:35 Water Aerobics Kelly	22 9:35 Aqua Zumba Alma	
23	24 9:35 Water Aerobics Kelly 12:00 Tread and Shed John	25 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	26 9:35 Water Aerobics Sabrina	27 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	28 9:35 Water Aerobics Joan	29 9:35 Water Aerobics Bethanne	
30	31 9:35 Water Aerobics Sabrina 12:00 Tread and Shed John						