

The Haven – June 2025

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	2 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	3 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	4 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Christine 6:35 Yin Yoga Shwetha	5 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	6 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Christine 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Amelia 	7 8:30 Slow Flow Nicole 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill Yoga Teacher Training
8 Yoga Teacher Training 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 Michele H	10 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 BarreBody Maura 5:30 Gentle Yoga Christine 6:35 Detox Yoga Christine	11 8:30 Yin Yoga Maura 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	12 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	13 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Deanna **Restorative Yoga Workshop 4:00-5:30	14 8:30 Slow Flow Shwetha 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
15 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 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 Jill	17 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	18 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Michele H 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	19 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	20 5:45 VIRTUAL Class 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Jill 10:40 Stretch & Mobility Lauren	21 8:30 Slow Flow Emily 9:30 Hot Detox Heidi 10:40 Restorative Yogalates Jill
22 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke **Self Stretch & Massage Workshop 2:45-4:15 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 H	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 Shwetha	25 8:30 Yin Yoga Jill 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Corrin 12:00 Multilevel Yoga Abby 5:30 Slow Flow Daniela 6:35 Yin Yoga Shwetha	26 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	27 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren	28 8:30 Slow Flow Emily 9:30 Hot Detox Shwetha 10:40 Restorative Yogalates Jill
29 10:30 Power Yoga Brooke 11:30 Slow Flow Brooke 4:30 Rest & Restore Yoga Sara	30 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				Please bring a mat to all classes	

The Loft - June 2025

<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 Amelia 6:00 Sprint Kim	3 5:30 Spintense Paige	4 7:00 Sprint Kim	5 9:35 Sprint Amelia 6:00 Sprint Kim	6 8:30 RPM Betsey	7 9:00 Sprint Kim
8	9 9:35 Sprint Deanna 6:00 Sprint Kristin	10 5:30 Spintense Paige	11 7:00 Virtual Sprint	12 9:35 Sprint Amelia 6:00 Sprint Kim	13 8:30 RPM Betsey	14 9:00 Sprint Kim
15	16 9:35 Sprint Amelia 6:00 Sprint Kristin	17 5:30 NO CLASS	18 7:00 Virtual Sprint	19 9:35 Sprint Amelia 6:00 Sprint Kristin	20 8:30 Virtual RPM	21 9:00 Sprint Kristin
22	23 9:35 Sprint Paige 6:00 Sprint Kristin	24 5:30 Spintense Paige	25 7:00 Sprint Kim	26 9:35 Sprint Amelia 6:00 Sprint Kim	27 8:30 RPM Betsey	28 9:00 Sprint Amelia
29	30 9:35 Sprint Paige 6:00 Sprint Kristin					

The Tides - June 2025

<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 Water Aerobics Kelly	3 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	4 9:35 Water Aerobics Sabrina	5 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	6 9:35 Water Aerobics Amy	7 9:35 Water Aerobics Laura
8	9 9:35 Water Aerobics Kelly	10 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	11 9:35 Water Aerobics Sabrina	12 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	13 9:35 Water Aerobics Sabrina	14 9:35 Water Aerobics Bethanne
15	16 9:35 Water Aerobics Kelly	17 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	18 9:35 Water Aerobics Sabrina	19 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	20 6:15 Sunrise Aqua Tai Chi Paty 9:35 Water Aerobics Kelly	21 9:35 Water Aerobics Bethanne
22	23 9:35 Water Aerobics Kelly	24 9:35 Water Yoga Michele H 7:05 Aqua Zumba Rolanda	25 9:35 Water Aerobics Sabrina	26 9:35 Water Tai Chi Paty 7:05 Water Aerobics Amy	27 9:35 Water Aerobics Kelly	28 9:35 Water Aerobics Sabrina
29	30 9:35 Water Aerobics Kelly					