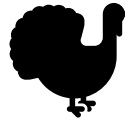


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3:30 BodyPump Sarah	2 5:30 BodyPump Xpress Cindy 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 10:30 Les Mills Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Heidi	3 5:30 N10c Caroline 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	4 8:30 Interval Training Taylor 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	5 5:30 N10c Caroline 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi	6 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi 5:00 BodyPump/Core Paige	7 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Michele H
8 3:30 BodyPump Sarah	9 5:30 BodyPump Xpress Cindy 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 10:30 Les Mills Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Adrienne	10 5:30 N10c Caroline 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	11 8:30 Interval Training Taylor 9:35 BodyCombat Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	12 5:30 N10c Caroline 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi	13 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi 5:00 BodyPump Taylor	14 8:00 GRIT Paige 8:30 Les Mills TONE Brit 9:35 BodyPump Taylor 10:40 WERQ Melissa
15 3:30 BodyPump Sarah	16 5:30 BodyPump Xpress Cindy 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 10:30 Les Mills Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Adrienne	17 5:30 N10c Kaitlin 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	18 8:30 Interval Training Taylor 9:35 HIIT Taylor 11:00 PT: Cardio Ball Drumming Sabrina 12:00 Muscle Memory (Basketball Court) Kaitlin 12:00 BodyPump/Core Heidi 5:30 BodyPump Paige 6:35 Zumba Erin	19 5:30 N10c Caroline 8:30 Strength Lisa 9:35 BodyPump Heidi 10:45 Les Mills Pilates Jill 5:30 Mat Pilates Amy 6:00 N10c Josh 6:35 Les Mills Core Heidi	20 7:30 BodyPump Xpress Stephanie 8:30 Step & Strength Mica 9:30 N10c Josh 9:35 BodyBalance Heidi 11:05 PT: Balance & Coordination Mica 12:00 Power Yoga Heidi 5:00 BodyPump/Core Paige	21 8:00 GRIT Paige 8:30 BodyCombat Paige 9:35 BodyPump Paige 10:40 WERQ Melissa
22 3:30 BodyPump Sarah	23 5:30 BodyPump Xpress Cindy 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 10:30 Les Mills Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Adrienne	24 5:30 N10c Caroline 8:30 Strength Lisa 9:35 BodyPump Deanna 10:40 WERQ Michele H 12:00 BodyBalance Heidi 5:30 Total Body Conditioning Paige 6:30 BodyCombat Paige	25 8:30 Interval Training Taylor 9:35 BodyCombat Deanna 11:00 PT: Muscle Memory Kaitlin 12:00 BodyPump/Core Heidi No Evening Classes	26 Happy Thanksgiving! 	27 8:30 Step & Strength Mica 9:30 N10c Gaby 9:35 BodyPump Taylor 10:40 Les Mills Shapes Gaby	28 8:00 Virtual GRIT 8:30 HIIT Taylor 9:35 BodyPump Taylor 10:40 WERQ Lizz
29 3:30 BodyPump Sarah	30 5:30 BodyPump Xpress Cindy 8:30 Les Mills Pilates Kaitlin 9:30 N10c Kaitlin 9:35 Les Mills TONE Brit 10:30 Les Mills Core Gaby 11:05 PT: Chair Stretch & Flex Yoga Corrin 5:30 BodyPump Heidi 6:35 Les Mills Core Heidi 7:15 BodyBalance Adrienne	Please bring a mat to all classes The Studio - November 2026				

The Haven – November 2026

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Dan 4:30 Rest & Restore Yoga Shwetha	2 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Michele H 6:35 Warm Detox Yoga Shwetha	3 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	4 8:30 Yin Yoga Deanna 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Yoga Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Yoga Daniela 6:35 Yin Yoga Shwetha	5 8:30 Gentle Yoga Colleen 9:35 Detox Yoga Corrin 10:40 75 Min Yin Yoga Corrin 5:30 Multilevel Yoga Dan 6:35 BodyBalance Adrienne	6 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Lauren **Restorative Yoga Workshop 4:00-5:30	7 8:30 Slow Flow Yoga QiQi 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
8 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Dan 4:30 Rest & Restore Yoga Jill	9 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Michele H 6:35 Warm Detox Yoga Shwetha	10 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	11 8:30 Yin Yoga Deanna 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Yoga Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Yoga Daniela 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 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	14 8:30 Slow Flow Yoga Alex 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
15 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Dan 4:30 Rest & Restore Yoga Shwetha	16 8:30 Hatha Flow Yoga Dan 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Cindy 6:35 Warm Detox Yoga Shwetha	17 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Abby 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	18 8:30 Yin Yoga Deanna 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Yoga Corrin 12:00 Yoga Stretch & Mobility Deanna 5:30 Slow Flow Yoga Daniela 6:35 Yin Yoga Cindy	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 Adrienne	20 5:45 Sunrise Slow Flow QiQi 8:30 Gentle Yoga Heidi 9:35 Les Mills Pilates Kaitlin 10:40 Stretch & Mobility Taylor	21 8:30 Slow Flow Yoga Emily 9:30 Warm Detox Yoga Shwetha 10:40 Restorative Yogalates Jill
22 10:30 Slow Flow Yoga Cindy 11:30 Power Yoga Cindy 4:30 Rest & Restore Yoga Shwetha	23 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Heidi 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Michele H 6:35 Warm Detox Yoga Shwetha	24 8:30 Gentle Yoga Corrin 9:35 Multilevel Yoga Corrin 10:40 Les Mills Pilates Jill 5:30 Gentle Yoga Christine 6:35 Restorative Yogalates Jill	25 8:30 Yin Yoga Deanna 9:35 Mat Pilates Amy 10:40 Slow Flow & Stretch Yoga Corrin 12:00 Yoga Stretch & Mobility Deanna No Evening Classes	26 Happy Thanksgiving! 	27 8:30 Les Mills Yoga Taylor 9:35 BodyBalance Adrienne	28 8:30 Slow Flow Yoga Cindy 9:30 Warm Detox Yoga Cindy 10:40 Restorative Yogalates Jill
29 10:30 Slow Flow Yoga Dan 11:30 Power Yoga Dan 4:30 Rest & Restore Yoga Cindy	30 8:30 Hatha Flow Yoga Colleen 9:35 Core Yoga Christine 10:40 Warm Detox Yoga Heidi 12:00 Holy Yoga Kelly 5:30 Gentle Yoga Michele H 6:35 Warm Detox Yoga Shwetha				Please bring a mat to all classes	

The Loft - November 2026

<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 Michelle G 6:00 Sprint Kristin	3 5:30 Spintense Paige	4 5:30 RPM Caroline	5 9:35 Sprint Deanna 6:00 Sprint Kara	6 8:30 RPM Betsey	7 9:00 Sprint Kristin
8	9 9:35 Sprint Michelle G 6:00 Sprint Michelle G	10 5:30 Spintense Paige	11 5:30 Sprint Kara	12 9:35 Sprint Deanna 6:00 Sprint Kara	13 8:30 RPM Caroline	14 9:00 Sprint Paige
15	16 9:35 Sprint Michelle G 6:00 Sprint Kristin	17 5:30 Spintense Paige	18 5:30 Sprint Kara	19 9:35 Virtual Sprint 6:00 Sprint Kara	20 8:30 RPM Betsey	21 9:00 Sprint Michelle G
22	23 9:35 Sprint Michelle G 6:00 Sprint Kristin	24 5:30 Spintense Betsey	25 5:30 RPM Caroline	26 Happy Thanksgiving! 	27 8:30 RPM Betsey	28 9:00 Sprint Kristin
29	30 9:35 Sprint Michelle G 6:00 Sprint Kristin					

The Tides - November 2026

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