Reservation required for all classes. Booking window closes 1 hour before class begins.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM **YogaFIT** *60m*	7:15 AM **PowerFLOW 2** *60m*	7:15 AM **YogaFIT** *60m*	7:15 AM **PowerFLOW 2** *60m*	7:15 AM **PowerFLOW 1** *60m*	7:30 AM **HIIT + FLOW** *60m*	7:30 AM **MetCON + FLOW** *60m*
12:00 PM **HIIT + FLOW** *60m*	12:00 PM **MetCON + FLOW** *60m*	12:00 PM **HIIT + FLOW** *60m*	12:00 PM **MetCON + FLOW** *60m*	12:00 PM **HIIT + FLOW** *60m*	9:00 AM **MetCON X** *45m*	9:00 AM **HIIT X** *45m*
4:45 PM **MetCON X** *45m*	4:45 PM **HIIT X** *45m*	4:45 PM **MetCON X** *45m*	4:45 PM **HIIT X** *45m*	4:45 PM **MetCON X** *45m*	10:30 AM **YogaFIT** *60m*	10:30 AM **PureYIN** *60m*
5:45 PM **BellCON 2** *60m*	5:45 PM **FlexFIT** *60m*	5:45 PM **BellCON 2** *60m*	5:45 PM **FlexFIT** *60m*	5:45 PM **BellCON 1** *60m*	11:45 AM **PowerFLOW 1** *60m*	11:45 AM **SvadhYAYA** *60m*
	7:00 PM **PureYIN** *60m*		7:00 PM **PureYIN** *60m*			

effective 1/25/2021