

APRIL

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:00am yoga sculpt (emily) 5:30pm power vinyasa (erin)	2 6:00am barre (casey) 5:45pm slow & flow restore (katelynn)	3 6:15am pilates (kristin) 4:15pm barre (kristin) 5:30pm restorative (summer)	4 6:15am bootcamp (adrianna) 5:30pm \$5 fridays (katelynn)	5 9:00am pilates (kristin)
6	7 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (hattie)	8 6:00am yoga sculpt (emily) 5:30pm power vinyasa (casey)	9 6:00am barre (casey) 5:45pm restorative (summer)	10 6:15am pilates (casey) 4:15pm barre (casey) 5:45pm restorative (summer)	11 6:15am bootcamp (casey) 5:30pm \$5 fridays (erin)	12 9:00am pilates (casey)
13 9:00am power fusion (casey)	14 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (hattie)	15 6:00am yoga sculpt (emily) 5:30pm power vinyasa (casey)	16 6:00am barre (casey) 5:45pm slow & flow restore (katelynn)	17 6:15am pilates (casey) 4:15pm barre (kristin) 5:45pm restorative (summer)	18 6:15am bootcamp (casey) 5:30pm \$5 fridays (casey)	19 9:00am pilates (casey)
20 9:00am power vinyasa (casey)	21 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (katelynn)	22 6:00am yoga sculpt (emily) 5:30pm power vinyasa (casey)	23 6:00am barre (casey) 5:45pm slow & flow restore (katelynn)	24 6:15am pilates (casey) 4:15pm barre (kristin) 5:45pm restorative (summer)	25 6:15am bootcamp (casey) 5:30pm \$5 fridays (casey)	26 9:00am pilates (casey)
27 9:00am power vinyasa (jillian)	28 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (hattie)	29 6:00am yoga sculpt (emily) 5:30pm power vinyasa (casey)	30 6:00am barre (casey) 5:45pm slow & flow restore (katelynn)			

*schedule is subject to changes. please refer to our online booking calendar for any updates.