

JANUARY

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00am soleil 75 hard (casey) 5:45pm slow flow & restore (katelynn)	2 6:15am pilates (casey) 4:15pm barre (kristin) 5:30pm bootcamp (sam)	3 6:15am bootcamp (casey) 5:30pm \$5 fridays (casey)	4 9:00am pilates (casey)
5 9:00am hot power vinyasa (casey)	6 6:00am barre (casey) 4:15pm pilates (kristin)	7 6:00am yoga sculpt (emily) 9:00am restorative yoga (sarita) 5:30pm hot power vinyasa (casey) 6:45pm restorative yoga (summer)	8 6:00am barre (casey) 5:45pm slow flow & restore (katelynn)	9 6:15am pilates (casey) 4:15pm barre (kristin) 5:30pm bootcamp (sam)	10 6:15am bootcamp (casey) 5:30pm \$5 fridays (casey)	11 9:00am goddess energy (kristin)
12 9:00am hot power vinyasa (casey)	13 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (katelynn)	14 6:00am yoga sculpt (emily) 9:00am restorative yoga (sarita) 5:30pm hot power vinyasa (casey) 6:45pm restorative yoga (summer)	15 6:00am barre (casey) 5:45pm slow flow & restore (katelynn)	16 6:15am pilates (casey) 4:15pm barre (kristin) 5:30pm bootcamp (sam)	17 6:15am bootcamp (casey) 5:30pm \$5 fridays (casey)	18 9:00am bootcamp (adrianna)
19 9:00am hot power vinyasa (casey)	20 6:00am barre (casey) 4:15pm pilates (kristin)	21 6:00am yoga sculpt (emily) 9:00am restorative yoga (sarita) 5:30pm hot power vinyasa (casey) 6:45pm restorative yoga (summer)	22 6:00am barre (casey) 5:45pm slow flow & restore (katelynn)	23 6:15am pilates (casey) 4:15pm barre (kristin) 5:30pm bootcamp (sam)	24 6:15am bootcamp (casey) 5:30pm \$5 fridays (casey)	25 9:00am barre (casey)
26 9:00am hot power vinyasa (sarita)	27 6:00am barre (casey) 4:15pm pilates (kristin)	28 6:00am yoga sculpt (emily) 9:00am restorative yoga (sarita) 5:30pm hot power vinyasa (casey) 6:45pm restorative yoga (summer)	29 6:00am barre (casey)	30 6:15am pilates (casey) 4:15pm barre (kristin) 5:30pm bootcamp (sam)	31 6:15am bootcamp (casey) 5:30pm \$5 friday (casey)	

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