



SUMMER SCHEDULE | 2019

MONDAY		
6:00am-7:00am	Hot Power Vinyasa	Intermediate
9:30am-10:30am	Hot Slow Flow	All Levels
10:30am-11:30am	Power Vinyasa	All Levels
11:45am-12:30pm	TRX Cardio	Intermediate
12:00pm-1:15pm	Hot Power Vinyasa	Intermediate
4:30pm-5:30pm	Hot Fusion	All Levels
4:45pm-5:15pm	Meditation	All Levels
5:30pm-6:30pm	Basic Yoga	All Levels
6:00pm-7:00pm	Hot Sculpt	Intermediate
6:15pm-7:10pm	Barre	Intermediate
7:30pm-8:45pm	Hot Power Vinyasa	Intermediate

TUESDAY		
6:00am-7:00am	Hot Sculpt	Intermediate
8:30am-9:30am	Align & Restore	All Levels
9:30am-10:30am	Hot Power Vinyasa	All Levels
10:15am-11:10am	Barre	Intermediate
11:30pm-12:15pm	Core Stability	All Levels
12:00pm-1:00pm	Hot Slow Flow	All Levels
4:30pm-5:30pm	Hot Sculpt	Intermediate
5:00pm-5:45pm	TRX Cardio	Intermediate
5:30pm-6:30pm	Power Vinyasa	All Levels
6:00pm-7:15pm	Hot Power Vinyasa	Intermediate
6:45pm-7:45pm	Chill & Still	All Levels
7:45pm-8:45pm	Hot Fusion	All Levels

WEDNESDAY		
6:00am-7:00am	Hot Power Vinyasa	Intermediate
9:30am-10:30am	Hot Slow Flow	Intermediate
10:30am-11:30am	Power Vinyasa	All Levels
11:45am-12:30pm	TRX Cardio	Intermediate
12:00pm-1:15pm	Hot Power Vinyasa	Intermediate
4:30pm-5:30pm	Hot Fusion	All Levels
5:30pm-6:30pm	Basic Yoga	All Levels
6:00pm-7:00pm	Hot Sculpt	Intermediate
6:15pm-7:10pm	Barre	Intermediate
7:30pm-8:45pm	Candlelit Hot Slow Flow	Intermediate

THURSDAY		
6:00am-7:00am	Hot Sculpt	Intermediate
8:30am-9:30am	Align & Restore	All Levels
9:30am-10:30am	Hot Power Vinyasa	All Levels
10:15am-11:10am	Barre	Intermediate
11:30pm-12:15pm	Core Stability	All Levels
12:00pm-1:00pm	Hot Slow Flow	All Levels
4:30pm-5:30pm	Hot Sculpt	Intermediate
5:00pm-5:45pm	TRX Cardio	Intermediate
5:30pm-6:30pm	Power Vinyasa	All Levels
6:00pm-7:15pm	Hot Power Vinyasa	Intermediate
6:45pm-7:45pm	Chill & Still	All Levels
7:45pm-8:45pm	Hot Fusion	All Levels

FRIDAY		
6:00am-7:00am	Hot Power Vinyasa	Intermediate
9:30am-10:30am	Hot Slow Flow	All Levels
10:15am-11:10am	Barre	Intermediate
12:00pm-1:15pm	Hot Power Vinyasa	Intermediate
4:15pm-5:15pm	Yin Yoga	All Levels
5:30pm-6:30pm	Hot Fusion	All Levels
5:30pm-6:30pm	Basic Yoga	All Levels
7:00pm-8:00pm	Hot Power Vinyasa	All Levels

SATURDAY		
8:00am-9:00am	Hot Power Vinyasa	All Levels
9:30am-10:30am	Hot Fusion	All Levels
10:00am-10:45am	TRX Cardio	Intermediate
11:00am-12:30pm	Hot Power Vinyasa	Intermediate
11:30am-12:30pm	Chill & Still	All Levels
12:00pm-12:55pm	Barre	Intermediate
3:00pm-4:00pm	Hot Slow Flow	All Levels
4:30pm-5:30pm	Hot Power Vinyasa	All Levels

SUNDAY		
8:00am-9:00am	Hot Sculpt	Intermediate
9:30am-10:30am	Hot Power Vinyasa	All Levels
10:00am-11:00am	Power Vinyasa	All Levels
10:30am-11:15am	TRX Cardio	Intermediate
11:00am-12:15pm	Hot Fusion	Intermediate
11:30am-12:30pm	Yin Yoga	All Levels
12:00pm-1:00pm	Sunday Service Yoga	All Levels
12:45pm-1:45pm	Hot Sculpt	Intermediate
2:30pm-3:30pm	Hot Slow Flow	All Levels
4:00pm-5:00pm	Hot Hip Hop Vinyasa	All Levels
4:15pm-5:15pm	Chill & Still	All Levels
5:30pm-6:30pm	Hot Fusion	All Levels

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