

MIND/BODY STUDIO

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|---|
| | 6:00-7:00 am MORNING YOGA FLOW Turi | | 6:00-7:00 am MORNING YOGA FLOW Turi | | | |
| | 8:45-9:45 **TOTAL BARRE Elaine | 8:15-8:50 TAI CHI Valerie | 8:00-8:45 **TOTAL BARRE Susie | 8:15-8:50 TAI CHI Valerie | | 8:00-9:00 MULTI-LEVEL YOGA Teri |
| 9:00-10:15 MULTI-LEVEL VINYASA YOGA Kayla | 10:00-11:00 GENTLE YOGA Vandana | 9:00-9:45 PILATES Jennie | 9:00-10:00 YOGAMOTION Nancy | 9:00-9:45 PILATES Jennie | 8:45-9:45 **TOTAL BARRE Monica | |
| | 11:15-12:00 BASIC PILATES Ember | 10:00-11:00 MULTI-LEVEL YOGA Tammy | 10:30-11:30 GENTLE YOGA Nancy | 10:00-11:00 MULTI-LEVEL YOGA Tammy | 10:00-11:00 MULTI-LEVEL YOGA Vandana | 10:30-11:30 BODY FLOW Sarah |
| | 12:10-1:00 LEVEL 1 YOGA Christine | 12:00-1:00 **TOTAL BARRE Monica | 12-1:00 BODY FLOW Ruth | 12:00-1:00 **TOTAL BARRE Elaine | 11:10-11:50 PILATES Jennie | |
| | 4:45-5:45 **TOTAL BARRE Elaine | | 4:45-5:45 **TOTAL BARRE Elaine | | 12:00-1:00 BODY FLOW Sarah | |
| | | 5:30-6:30 BODY FLOW Jodi | | 5:30-6:30 BODY FLOW Jodi | | |
| | 6:00-7:00 LEVEL 1 YOGA Teri | | 6:00-7:00 LEVEL 1 YOGA Teri | | | |

****SIGN UP REQUIRED:** Online 3 hours prior to class, 2 hours prior in-house or by phone

TOTAL BARRE AM classes: Online 12 hours prior to class, 2 hours in-house or by phone

CYCLE BURN

BLACKMORE STUDIO

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|---|
| | 5:45-6:30 am RPM CYCLE Byrdeen | | 5:30-6:00 am XPRESS CYCLE Byrdeen | | 5:45-6:30 am CYCLE/PUMP Byrdeen | |
| | 7:00-7:45 am CYCLE BURN AM Eric | | 7:00-7:45 am CYCLE BURN AM Eric | | | |
| 8:30-9:15 CYCLE BURN AM Jennie | 9:00-9:45 CYCLE BURN Jen | 9:00-9:45 CYCLE BURN Mariska | 9:00-9:45 CYCLE BURN Jen | 9:00-9:45 CYCLE BURN Lisa | 9:00-9:45 CYCLE BURN Becky | 8:15-9:15 CYCLE BURN AM Eric |
| | | 12:15-12:45 XPRESS CYCLE Becky | 4:30-5:00 XPRESS CYCLE Jennie | 12:15-12:45 XPRESS CYCLE Lauren | 12:05-12:50 RPM CYCLE Abby | 9:30-10:15 CYCLE BURN Lisa/Alt. |
| | 5:45-6:30 CYCLE BURN Suz | 5:45-6:30 CYCLE BURN Quinn | 5:45-6:30 RPM CYCLE Jodi | 5:45-6:30 CYCLE BURN Mariska | | |

****SIGN UP REQUIRED FOR ALL CYCLE CLASSES:** Online 3 hours prior to class, 2 hours prior in-house or by phone

CYCLE BURN AM/ XPRESS CYCLE AM CLASSES/CYCLE PUMP AM: Online 12 hours prior to class, 2 hours in-house or by phone