



THE STUDIO

Mat Classes

Winter 2026

		MON	TUES	WED	THU	FRI	SAT	SUN
RISE & SHINE	6 - 7 AM							
	7 - 8 AM				CONSCIOUS MOVEMENT Julie			
	8 - 9 AM		THE REAR VIEW Kristi		THE REAR VIEW Kristi		PILATES BURN Jenn C	
	9 - 10 AM	PILATES SCULPT Shaundell	YOGALATES Kristi	PILATES SCULPT Shaundell	YOGALATES Kristi	PILATES SCULPT Shaundell	YOGALATES Kristi	RESTORE FLOW Bruce
	10 - 11 AM	OPEN GYM	OPEN GYM	OPEN GYM	MAMALATES Jenn P	CARDIO TONE Steph	THE REAR VIEW Kristi	THE REAR VIEW Kristi
POWER HOUR	11 - 12 PM	CHAIR YOGA Linda	TAI CHI Steve	OPEN GYM	OPEN GYM	OPEN GYM	BARRE BURN Kat	PILATES BURN Kristi
	12 - 1 PM	BARRE SCULPT Linda	BARRE SCULPT Jenn P	YOGA SCULPT Yasmin	BARRE SCULPT Jenn P	THE CIRCUIT Steph	PILATES BURN Shaundell	BARRE REMIX Yanie
	1 - 2 PM		SCUPLT & TONE Bita				BARRE SCULPT Gab	OPEN GYM
	2 - 3 PM						OPEN GYM	
	3 - 4 PM							
5 A SWEAT	4 - 5 PM					BARRE REMIX Yanie		
	5 - 6 PM	BARRE BURN Kristi	OPEN GYM	YOGA FLOW Yasmin	THE STRONG EDIT Steph	OPEN GYM		
	6 - 7 PM	THE REAR VIEW Kristi	PILATES BURN Shaundell	SCULPT & TONE Bita	THE CIRCUIT Steph	BARRE BURN Kat		
	7 - 8 PM	PILATES FLOW Jenn P	BARRE FLOW Kat	DANCE CARDIO Bita	RESTORE FLOW Chantal	OPEN GYM		
	8 - 9 PM	RESTORE FLOW Jenn P	YIN BY CANDLELIGHT Bruce		YIN BY CANDLELIGHT Chantal			
THE COMEDOWN								

Class Styles

MAT PILATES

BARRE

YOGA

STRENGTH TRAINING