

Mat Classes

Spring 2026 

	MON	TUES	WED	THU	FRI	SAT	SUN
6:30		PILATES <i>Kristi</i>		PILATES <i>Kristi</i>			
7:30	SCULPT <i>Shaundell</i>		SCULPT <i>Shaundell</i>		SCULPT <i>Shaundell</i>		
8:30						POWER PILATES <i>Jenn C</i>	YOGA <i>Bruce</i>
9:30					POWER SCULPT <i>Steph</i>	SCULPT <i>Shaundell</i>	PILATES <i>Kristi</i>
10:30				MAMALATES <i>Jenn P</i>		PILATES <i>Shaundell</i>	SCULPT <i>Kristi</i>
11am	CHAIR YOGA <i>Linda</i>	TAI CHI <i>Steve</i>					
11:30						BARRE <i>Kat</i>	BARRE REMIX <i>Yanie</i>
12pm	YOGA <i>Linda</i>	BARRE <i>Jenn P</i>		PILATES <i>Jenn P</i>	BARRE <i>Kat</i>		
4:00					BARRE REMIX <i>Yanie</i>		
5:30	PILATES <i>Kristi</i>	POWER SCULPT <i>Steph</i>		POWER SCULPT <i>Steph</i>			
6:30	SCULPT <i>Kristi</i>	POWER YOGA <i>Bruce</i>	SCULPT <i>Bita</i>	POWER YOGA <i>Chantal</i>			
7:30	BARRE <i>Jenn P</i>		DANCE <i>Bita</i>				

- PILATES
- BARRE
- SCULPT
- YOGA
- OTHER