



SPRING CLASS SCHEDULE



MONDAY

7am **STRONG BODY IN BALANCE** Lana

8am **XTREME RIDE** Mike

9:30am **IYENGAR YOGA** Maryna

12pm **CYCLE & STRONG** Laura

4:30pm **FUNCTIONAL FITNESS** Michelle

5:30pm **INDOOR CYCLE** Laura

6:45pm **IYENGAR YOGA** Maryna

TUESDAY

6am **STRONG BODY IN BALANCE** Emma

7am **STRONG BODY IN BALANCE** Emma

8:00am **SUNRISE YOGA** Tiffanie

9:30am **STRONG BODY IN BALANCE** Emma

12:00pm **RELEASE + RECOVERY - YIN YOGA** Jasmine

2:00pm **IYENGAR YOGA** Maryna

5:15pm **CORE + MOBILITY** Lana

6:15pm **FUNCTIONAL FITNESS** Michelle

7:15pm **SLOW VINYASA** Jasmine

WEDNESDAY

7:00am **FLOW-YO** Brandon

8:00am **VINYASA YOGA** Jasmine

9:30am **INDOOR CYCLE** Laura

12pm **STRONG BODY REMIX** Chelsea

5:15pm **FUNCTIONAL FITNESS** Michelle

6:15pm **LOWER BODY BLAST PILATES** Tiffanie

7:30pm **IYENGAR YOGA** Maryna

THURSDAY

6am **STRONG BODY IN BALANCE** Emma

7am **STRONG BODY IN BALANCE** Lana

8am **CORE + MOBILITY** Lana

9:30am **STRONG BODY IN BALANCE** Emma

12pm **CYCLE & STRONG** Laura

5:15pm **STRONG BODY IN BALANCE** Chelsea

6:15pm **TRX** Lana

7:15pm **INDOOR CYCLE** Mike

8:15pm **YOGALATES** Adelaide

FRIDAY

6am **PLAY STRONG** Brandon

7am **VINYASA YOGA** Jasmine

8am **PILATES FLOW** Tiffanie

9:30pm **IYENGAR YOGA** Maryna

12pm **STRONG BODY IN BALANCE** Chelsea

5pm **CYCLE + STRETCH** Laura

6:45pm **IYENGAR YOGA** Maryna

SATURDAY

9am **STRONG BODY IN BALANCE** Emma

10am **INDOOR CYCLE** Laura

11am **VINYASA YOGA** Jasmine

6:45pm **IYENGAR YOGA** Maryna

SUNDAY

8am **VINYASA YOGA DECONSTRUCTED** Rose

9:30am **IYENGAR YOGA** Maryna

11:15am **STRONG BODY IN BALANCE** Chelsea

12:15pm **INDOOR CYCLE** Chelsea

8:00pm **RESTORATIVE YOGA** Adelaide

\$60

UNLIMITED

INTRO MONTH