

September 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:30am - Morning Dance Party 7:15am - Pilates HIIT Fusion 12pm - Chair Yoga 5:15pm - Salsa Sweat 6:15pm -Barre	2 5:15 - Balanced Body 6:15 - Barre 7:15 - Mixtape Flow	3 9:30am - Feel Good Flow 5:15pm - Strength and Core Foundations 6:15pm - Somatic Yoga with Restorative	4 7:15am - Pilates HIIT Fusion 9:30am -Mindful Movement	5 8am - Strength for Life with Weights
6 7:45am - Slow Flow	7 CLOSED LABOR DAY	8 6:30am - Morning Dance Party 7:15am - Pilates HIIT Fusion 12pm - Chair Yoga 5:15pm - Mat Pilates 6:15pm -Barre	9 5:15 - Balanced Body 6:15 - Pelvic Floor 7:15 - Yoga for Trauma	10 4:15 - Strength and Core Foundations 5:15 -Strength for Life w/weights 6:15 - Candlelit Yoga	11 7:15am - Pilates HIIT Fusion 9:30am -Gentle Wake up Somatics	12 8am - Strength for Life with Weights 9am - Slow Burn Flow
13 7:45am - Slow Flow	14 5:15pm - Buti Yoga 6:15pm- Mat Pilates 7:15pm - Yoga for Trauma	15 6:30am - Morning Dance Party 7:15am - Pilates HIIT Fusion 5:15pm - Balanced Body 6:15pm -Mixtape Flow	16 5:15 - Strength for Life with Weights 6:15 - Candlelit Yoga	17 12:00pm - Feel Good Flow 4:15 pm - Strength and Core Foundations 5:15pm - Vibe 6:15pm - Yoga Sculpt	18 7:15am - Pilates HIIT Fusion 9:30am -Mindful Movement	19 8am - Strength for Life with Weights
20 9:30-11am - Fascia Release and Lymphatic Drainage Workshop	21 5:15pm - Buti Yoga 6:15pm- Mat Pilates 7:15pm - Pelvic Floor	22 7:15am - Pilates HIIT Fusion 12pm - Chair Yoga 6:00pm - Restorative with Riki and Massage Event	23 5:15 - Balanced Body 6:15 - Barre 7:15 - Yoga for Trauma	24 4:15 - Strength and Core Foundations 5:15 -Mat Pilates 6:15 - Candlelit Yoga	25 7:15am - Pilates HIIT Fusion 9:30am -Mindful Movement	26 9am - Slow Burn Flow
27 7:45am - Slow Flow 9am- Barre 7pm - Restorative with Sound Bath	28 5:15pm - Buti Yoga 6:15pm- Mat Pilates 7:15pm - Pelvic Floor	29 7:15am - Pilates HIIT Fusion 12pm - Chair Yoga 5:15pm - Balanced Body 6:15pm -Mixtape Flow 7:15pm - Yoga Nidra for Sleep	30 5:15-8pm - Intro to Yoga Workshop		First class free Use code: FIRSTFREE	 = special event