

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 SCAN TO BOOK YOUR CLASS	<i>Your first class is on us</i> USE CODE FIRSTFREE	 CIRCLED DATES HOLD SPECIAL EVENTS		1 9:30am Feel Good Flow 4:15pm Strength and Core Foundations 5:15pm Pelvic Floor and Core Restore 6:15pm Restorative for Stress with Reiki	2 7:00am Pilates~HIIT Fusion 9:30am Mindful Movement for Anxiety with Reiki	3 9:00am Feel Good Flow
4 7:45am Slow Flow 9:30am HIIT~Meditation Mashup	5 4:15pm Strength and Core Foundations 5:15pm Buti Yoga 6:15pm Mat Pilates 7:15pm Yoga for Releasing Trauma	6 10:00am Pilates~HIIT Fusion 12:00pm Chair Yoga 4:15pm Somatic Movement 5:15pm Cardio Dance Party	7 6:30am Morning Dance Party 5:15pm Balanced Body 6:15pm Barre 7:15pm Pelvic Floor and Core Restore	8 4:15pm Strength and Core Foundations 5:15pm Strength for Life with Weights 6:15pm Candlelit Yoga	9 7:00am Pilates~HIIT Fusion 9:30am Mindful Movement for Anxiety with Reiki	10 8:00am Strength for Life with Weights
11 7:45am Slow Flow	12 4:15pm Strength and Core Foundations 6:00pm Return to Your Rhythm: an evening of movement & music	13 12:00pm Chair Yoga 5:15pm Mat Pilates 6:15pm Barre	14 6:30am Morning Dance Party 6:00pm Restorative Yoga with Sound Bath	15 9:30am Feel Good Flow 4:15pm Strength and Core Foundations 5:15pm Strength for Life with Weights 6:15pm Candlelit Yoga	16 9:30am Mindful Movement for Anxiety with Reiki	17 8:00am Strength for Life with Weights 9:00am Feel Good Flow
18 9:30am HIIT~Meditation Mashup 12:00pm Grief and Loss Workshop	19 4:15pm Strength and Core Foundations 5:15pm Buti Yoga 6:15pm Mat Pilates 7:15pm Yoga for Releasing Trauma	20 10:00am Pilates~HIIT Fusion 12:00pm Chair Yoga 4:15pm Somatic Movement 5:15pm Cardio Dance Party 6:15pm Strength for Life with Weights	21 6:30am Morning Dance Party 5:15pm Balanced Body 6:15pm Barre 7:15pm Pelvic Floor and Core Restore	22 4:15pm Strength and Core Foundations 5:15pm Vibe 6:15pm Candlelit Yoga	23 7:00am Pilates~HIIT Fusion 9:30am Mindful Movement for Anxiety with Reiki	24 8:00am Strength for Life with Weights
25	26 4:15pm Strength and Core Foundations 6:00pm Halloween Boo~ti	27 10:00am Pilates~HIIT Fusion 12:00pm Chair Yoga 4:15pm Somatic Movement 5:15pm Cardio Dance Party	28 6:30am Morning Dance Party 5:15pm Balanced Body 6:15pm Barre 7:15pm Pelvic Floor and Core Restore	29 9:30am Feel Good Flow 4:15pm Strength and Core Foundations 5:15pm Strength for Life with Weights 6:15pm Candlelit Yoga	30 7:00am Pilates~HIIT Fusion 9:30am Mindful Movement for Anxiety with Reiki 6:00pm Wild & Witchy Night of Ecstatic Dance	31 8:00am Strength for Life with Weights 9:00am Feel Good Flow