



June 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:15pm - Vibe 6:15pm- Yoga Sculpt	2 12pm - Chair Yoga 5:15 - Strength for Life 6:15 - Mat Pilates	3 5:15 - Root to Rise 6:15 - Cardio Dance Party 7:15pm - Candlelit Yoga	4 9:30 - Qigong Infused Yoga 4:15 - Strength and Core Foundations 5:15 - Kickboxing Sculpt 6:15 - Free Your Fascia	5 9:30am -Mindful movement w/Reiki	6 8am - Strength for Life with Weights
7 8:00am - Slow Flow 6:30pm- Somatic Movement	8 5:15pm - Vibe 6:15pm- Yoga Sculpt	9 12pm - Chair Yoga 5:15pm -Balanced Body 6:15pm - Candlelit Yoga	10 4:15 - Root to Rise 5:15 - All Levels Flow 6:15 - Feel Good Flow	11 9:30 - Qigong Infused Yoga 4:15 - Strength and Core Foundations 5:15 - Kickboxing Sculpt 6:15 - Free Your Fascia	12 9:30am -Mindful movement w/Reiki	13 8am - Mat Pilates 9am - Barre
14 8:00am - Slow Flow	15 5:15pm - Buti Yoga 6:15pm- Mat Pilates	16 12pm - Chair Yoga 5:15pm - Pelvic Floor 6:15pm - Balanced Body 7:15pm - Mixtape Flow	17 4:15pm - Mat Pilates 6:15pm - Restorative with reiki and massage	18 9:30 - Qigong Yoga 12pm - Chair Yoga 4:15pm - Strength and Core Foundations 5:15pm - Barre	19 7:00am - Pilates-HIIT Fusion 9:30am -Yoga to Support the Nervous System	20 9:30am - Balanced Body
21 8:00am - Slow Flow	22 5:15pm - Buti Yoga 6:15pm- Mat Pilates 7:15pm - Somatic Yoga	23 12pm - Chair Yoga 5:15pm - Barre 6:15pm - Pelvic Floor	24 4:15 - Mat Pilates 5:15 - Balanced Body 6:15 - Mixtape Flow	25 9:30 - Qigong Infused Yoga 4:15 - Strength and Core Foundations 5:15 - Kickboxing Sculpt 6:15 - Free Your Fascia 7:15 - Candlelit Yoga	26 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki	27 9:30am - Balanced Body
28 8:00am - Slow Flow 9:00am - Mat Pilates 7pm - Restorative with Sound Bath	29 5:15pm - Vibe 6:15pm- Yoga Sculpt	30 12pm - Chair Yoga 5:15pm - Barre 6:15pm - Pelvic Floor 7:15pm - Yoga for Trauma		= special event	First class free Use code: FIRSTFREE	