

July 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	First class free Use code: FIRSTFREE	 = special event	1 4:15 - Mat Pilates 5:15 - Balanced Body 6:15 - Mixtape Flow	2 9:30 - Qigong Infused Yoga 4:15 - Strength and Core Foundations 5:15 - Kickboxing Sculpt 6:15 - Free Your Fascia	3 7:00am - Pilates-HIIT Fusion 9:30am - Mindful movement w/Reiki	4 9am - Slow Burn Vinyasa Flow
5 8:00am - Slow Flow	6 4:15pm - Pelvic Floor 5:15pm - Buti Yoga 6:15pm - Mat Pilates	7 12pm - Chair Yoga 5:15pm - Vibe 6:15pm - Yoga Sculpt	8 4:15 - Mat Pilates 5:15 - Balanced Body 6:15 - Mixtape Flow	9 4:15 - Strength and Core Foundations 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	10 7:00am - Pilates-HIIT Fusion 9:30am - Gentle Wakeup Somatic Movement	11 8am - Strength for Life with Weights 9am - Slow Burn Vinyasa Flow 10am - Barre
12 8:00am - Slow Flow 9am - Mat Pilates	13 5:15pm - Buti Yoga 6:15pm - Mat Pilates 7:15pm - Pelvic Floor	14 12pm - Chair Yoga 5:15pm - Vibe 6:15pm - Yoga Sculpt 6:15 - Candlelit Yoga	15 5:15 - Balanced Body 6:15 - Barre 7:15 - Yoga for Trauma	16 4:15 pm - Cardio Dance Party 5:15pm - Strength and Core Foundations 5:15pm - Feel Good Flow	17 7:00am - Pilates-HIIT Fusion 9:30am - Gentle Wakeup Somatic Movement	18 8am - Strength for Life with Weights 9am - Slow Burn Vinyasa Flow 10am - Balanced Body
19 8:00am - Slow Flow 9am - Mat Pilates 7pm - Yoga for Releasing Trauma	20 4:15pm - Pelvic Floor 5:15pm - Buti Yoga 6:15pm - Somatic Yoga	21 12pm - Chair Yoga 5:15pm - Mat Pilates 6:15pm - Barre	22 12pm - Feel Good Flow 4:15 - Mat Pilates 5:15 - Balanced Body 6:15 - Mixtape Flow	23 4:15 - Strength and Core Foundations 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	24 7:00am - Pilates-HIIT Fusion 9:30am - Gentle Wakeup Somatic Movement	25 8am - Strength for Life with Weights 9am - Slow Burn Vinyasa Flow 10am - Barre
26 8:00am - Slow Flow 7pm - Restorative with Sound Bath	27 5:15pm - Buti Yoga 6:15pm - Mat Pilates 7:15pm - Pelvic Floor	28 6:30am - Morning Dance Party 12pm - Chair Yoga 5:15pm - Mat Pilates 6:15pm - Barre 7:15pm - Candlelit Yoga	29 12pm - Feel Good Flow 4:15 - Mat Pilates 5:15 - Balanced Body 6:15 - Mixtape Flow	30 4:15 - Strength and Core Foundations 5:15 - Strength for Life w/weights 6:15 - Slow Burn Vinyasa Flow	31 7:00am - Pilates-HIIT Fusion 9:30am - Gentle Wakeup Somatic Movement	