

February 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6pm - Restorative Yoga	2 5:15pm - Buti Yoga 6:15 pm- Mat Pilates 7:15pm - Yoga for Trauma	3 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Zumba 6:15 - Barre	4 4:15pm - Mat Pilates 5:15 - Kickboxing Sculpt 6:15 - Vibe	5 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	6 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki	7 8am - Strength for Life with Weights 9:00 - Functional Mobility
8 9am - Balanced Body 10am - Pelvic Floor 6pm - Restorative Yoga	9 5:15pm - Buti Yoga 6:15 pm- Mat Pilates 7:15pm - Somatic Yoga	10 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Zumba 6:15 - Barre	11 4:30pm - Mat Pilates 6pm - Yin/Yang Fusion with Guided Meditation	12 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	13 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki 5:30-- Valentine's Day Partner Event!	14 8am - Strength for Life with Weights 9:00 - Functional Mobility
15 9am - Balanced Body 10am - Pelvic Floor	16 5:15 - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	17 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Zumba 6:15 - Barre	18 5:15pm - Bootcamp Pop Up 6:15 - MixTape Flow	19 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	20 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki 6pm - Vibe Glow Event	21 8am - Strength for Life with Weights 9:00 - Functional Mobility
22 9am - Balanced Body 10am - Pelvic Floor 6pm - Restorative Yoga	23 5:15pm -Buti Yoga 6:15 - Mat Pilates 7:15 - Somatic Yoga	24 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - Zumba 6:15 - Barre	25 5:15pm - Bootcamp Pop Up 6:15 - MixTape Flow	26 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	27 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki 5:30pm - Women's Self Defense (3-hour)	28 8am - Strength for Life with Weights 9:00 - Functional Mobility
				 = special event	First class free Use code: FIRSTFREE	