

August 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	First class free Use code: FIRSTFREE	 = special event				1 8am - Strength for Life with Weights 9am - Slow Burn Vinyasa Flow
2	3 5:15pm - Buti Yoga 6:15pm - Mat Pilates 7:15pm - Pelvic Floor	4 7:15am - Pilates HIIT Fusion 12pm - Chair Yoga 5:15pm - Cardio Dance Party 6:15pm - Mat Pilates	5 5:15 - Balanced Body 6:15 - Barre 7:15 - Mixtape Flow	6 4:15 - Strength and Core Foundations 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	7 9:30am - Mindful Movement	8 9am - Slow Burn Vinyasa Flow
9 7:45am - Slow Flow	10 5:15pm - Buti Yoga 6:15pm - Mat Pilates 7:15pm - Pelvic Floor	11 7:15am - Barre 12pm - Chair Yoga 5:15pm - Vibe 6:15pm - Yoga Sculpt 6:15 - Candlelit Yoga	12 5:15 - Balanced Body 6:15 - Barre 7:15 - Somatic Movement	13 9:30am - Gentle Wake Up 4:15 pm - Cardio Dance Party 5:15pm - Strength and Core Foundations 6:15pm - Chair Yoga	14 7:15am - Pilates HIIT Fusion 9:30am - Mindful Movement	15 8am - Strength for Life with Weights 9am - Slow Burn Vinyasa Flow
16 8:00am - Slow Flow 7pm - Yoga for Releasing Trauma	17 5:15pm - Buti Yoga 6:15pm - Mat Pilates 7:15pm - Pelvic Floor	18 6:30am - Morning Dance Party 7:15am - Mat Pilates 12pm - Chair Yoga 5:15pm - Vibe 6:15pm - Yoga Sculpt	19 6pm - Restorative Yoga with Reiki	20 9:30am - Feel Good Flow 4:15 pm - Cardio Dance Party 5:15pm - Strength and Core Foundations 6:15pm - Candlelit Yoga	21 9:30am - Mindful Movement	22 8am - Strength for Life with Weights 9am - Slow Burn Vinyasa Flow
23 7:45am - Slow Flow 9am - Mat Pilates	 Closed	25 6:30am - Morning Dance Party 12pm - Chair Yoga 5:15pm - Cardio Dance Party 6:15pm - Feel Good Flow	26 5:15 - Balanced Body 6:15 - Barre 7:15 - Mixtape Flow	27 4:15 - Strength and Core Foundations 5:15 - Strength for Life w/weights 6:15 - Candlelit Yoga	28 7:15am - Pilates HIIT Fusion 9:30am - Mindful Movement	29 8am - Strength for Life with Weights 9am - Slow Burn Vinyasa Flow
30 8:00am - Slow Flow 7pm - Restorative with Sound Bath	31 5:15pm - Buti Yoga 6:15pm - Mat Pilates 7:15pm - Pelvic Floor					