

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

Due to our small class sizes and to be fair to all clients, late cancellation and no show fees apply!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45am		Ritual Ride	CardioSculpt	ABC Class	CardioSculpt	Ritual Ride	
8:00am							Pure Ride
8:15am		Ritual Ride	CardioSculpt	ABC Class	CardioSculpt	Ritual Ride	
9:00am	<i>Slow Flow Yoga</i>						
9:15am							<i>Hot Power Yoga</i>
9:30am		<i>Hot Power Yoga</i>	Barre + Pilates	<i>Hot Power Yoga</i>	Barre + Pilates	<i>YogaSculpt (heated)</i>	
10:45am	Pure Ride		Strengthen & <i>Stretch</i>		Strengthen & <i>Stretch</i>		ABC Class
4:30pm			<i>Slow Flow Yoga</i>		<i>Gentle Yoga (no class on 9/11)</i>		
5:45pm		ABC Class		Barre + Pilates			
6:00pm			Ritual Ride		Ritual Ride		
6:45pm		<i>Hot Power Yoga</i>		<i>Hot 26 Yoga</i>			