

NEXT LEVEL

A ONE TO ONE FITNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	6:30-7:30am Rise & Revitalize Hot Power Yoga Suzanne	6:30-7:30am Tai Chi & Qigong Steve	6:30-7:30am Rise & Revitalize Hot Power Yoga Suzanne	6:30-7:30am Tai Chi & Qigong Steve	6:30-7:30am Vinyasa Flow Heather		
7:30am					7:30-8:00am Guided Meditation Heather		7:30-8:30am Vinyasa Flow Heather
8:00am						8:00-9:30am (90-min) Vinyasa Flow Heather	
8:15am					8:15-9:15am Boxing Bootcamp Kieonna		
9:00am	9:00-10:00am Vinyasa Flow Heather	9:00-10:00am Self Defense Workshop* Kirk	9:00-10:00am Vinyasa Flow Heather	9:00-10:00am Self Defense Workshop* Kirk			
10:00am						10:00-11:00am Cycle 60 Lauren	10:00-11:00am Latin Cycle Alisha
12:00pm	12:00-1:00pm Boxing Bootcamp Kirk	12:00-1:00pm Cycle Flow Suzanne	12:00-1:00pm Boxing Bootcamp Kieonna	12:00-1:00pm Barre Andrea	12:00-1:00pm Boxing Bootcamp Kirk	12:00-1:00pm Zumba Jillian	
12:30pm							12:30-1:45pm (75-min) Vinyasa Flow Heather
2:00pm	2:00-2:30pm Deep Pause Heather		2:00-2:30pm Deep Pause Heather		2:00-2:30pm Deep Pause Heather		
3:30pm							3:30-4:15pm Urban Beats Cycle Richard
4:30pm				4:30-5:30pm STRONG by Zumba™ Suzi	4:30-5:15pm Urban Beats Cycle Richard		
5:30pm		5:30-6:30pm Fundamental Vinyasa Flow Katie N.	5:30-6:45pm Cycle Flow (75-min) Katie K.	5:30-6:30pm Hot Power Yoga Suzanne	5:30-6:30pm Flow to Let it Go Vinyasa Flow Autumn		5:30-6:30pm Flow to Let it Go Vinyasa Flow Autumn
6:00pm	6:00-7:15pm (75-min) Cycle Bootcamp & Core Deneen				Please Note: <ul style="list-style-type: none"> We strongly encourage reserving your class ahead of time online or call 368-5368. <i>Cycle participants will be able to reserve their bikes soon – stay tuned!</i> There is an 8-hour cancellation policy. Late cancels are assessed a \$3 fee. No Shows are assessed a \$5 fee. Classes end 5-min prior to the listed time to allow for proper transitions between classes. Schedule is subject to change. View the real-time schedule with instructors online or via our app! 		
7:15pm	7:15-8:00pm Cycle Hip Hop Tangela	7:15-8:15pm Boxing Bootcamp Kieonna	7:15-8:00pm Cycle Hip Hop Tangela	7:15-8:15pm Boxing Bootcamp Kieonna			
8:30pm	8:30-9:30pm Restorative Yoga Heather	8:30-9:30pm Latin Cycle Alisha		8:30-9:30pm Latin Cycle Alisha			
9:30pm	9:30-10:00pm Guided Meditation Heather						

*Our Self-Defense workshop is a specialized program requiring registration and payment. View our workshops online or call for more information!

- Classes in gray will be available in September and more to come! We'll offer what our members want, so share your class wishes with us! Always check online or our app for the real-time schedule with instructors!