

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 Barre Catherine	6:30-7:30am Rise & Revitalize Hot Power Yoga Suzanne		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 8:15am					8:15-9:15am Boxing Bootcamp Kieonna	8:00-9:30am (90-min) Vinyasa Flow Heather	
10:00am 10:30am						10:00-11:00am Cycle 60 Lauren	10:30-11:30am Latin Cycle Alisha
12:00pm	12:00-12:50pm Boxing Bootcamp Kirk	12:00-12:50pm Cycle Flow Suzanne	12:00-12:50pm Slow Burn Vinyasa Jenny	12:00-12:50pm Barre Andrea	12:00-12:50pm Boxing Bootcamp Kirk	12:00-1:00pm High Intensity Dance Jillian	12:00-1:15pm (75-min) Vinyasa Flow Heather
2:00pm			2:00-2:30pm Deep Pause Heather				
3:30pm							3:30-4:15pm Urban Beats Cycle Richard
4:30pm	4:30-5:30pm Cardio Kickboxing Samantha	4:30-5:15pm HIIT Tangela		4:30-5:30pm STRONG by Zumba™ Suzi	4:30-5:15pm Urban Beats Cycle Richard		
5:30pm		5:45-6:45pm Power Vinyasa Alex	5:30-6:45pm Cycle Flow (75-min) Katie K.	5:45-6:45pm Hot Power Yoga Suzanne	5:30-6:30pm Vinyasa Flow Autumn		5:30-6:30pm Vinyasa Flow Autumn
6:00pm	6:00-7:15pm (75-min) Cycle Bootcamp & Core Deneen						
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						

Please Note:

- We strongly encourage reserving your class ahead of time online or call 368-5368. *Cycle participants will be able to reserve their bikes soon – stay tuned!*
- There is an 8-hour cancellation policy. Late cancels are assessed \$3 and no shows are assessed \$5.
- 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!**

Our mission is to provide a contemporary, uplifting and inclusive experience inspiring each other to reach our Next Level of wellness as part of a community of strong bodies and strong minds. A holistic approach combining high intensity classes with restorative services for individual mind-body balance and transformation.

Membership provides access to ALL the Next Level Classes and 10% off retail, workshops and events!



Download our Next Level Mobile App!