

NEXT LEVEL

A ONE TO ONE FITNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	6:30-7:30am Hot Power Yoga Suzanne		6:30-7:30am Hot Power Yoga Suzanne		6:30-7:30am Hot Power Yoga Chris		
7:30am				7:30-8:30am Pilates Mat Laura			
8:00am 8:15am					8:15-9:15am Boxing Bootcamp Kieonna	8:00-9:30am Vinyasa Flow Heather	
9:00am							9:00-10:00 Power Vinyasa Elisabeth
10:00am						10:00-11:00am HIIT Lauren	
10:45am							10:45-11:45am Restorative Yoga Heather
12:00pm	12:00-12:50pm Cardio, Core & Conditioning (Includes boxing!) Kirk	12:00-12:50pm Cycle Flow Suzanne	12:00-12:50pm Slow Flow Yoga Heather	12:00-12:50pm Barre Andrea	12:00-12:50pm Cardio, Core & Conditioning (Includes boxing!) Kirk	12:00-1:00pm Pilates Mat Laura	12:30-1:15pm HIIT Tangela
1:00pm			1:00-1:30pm Deep Pause (\$4 Drop In Rate!) Heather				
2:30pm							2:30-3:15pm Urban Beats Cycle Richard
4:30pm	4:30-5:15pm Cardio Kickboxing Samantha	4:30-5:15pm HIIT Tangela			4:00-5:00pm All Levels Vinyasa Claire		
5:30pm	5:30-6:30 Barre Andrea	5:30-6:30pm All Levels Vinyasa Alex	5:30-6:45pm Power Cycle &/or Power Flow (attend both or either*) Katie K.	5:30-6:30pm Hot Power Yoga Suzanne	5:30-6:15pm Urban Beats Richard		4:00-5:00pm Ojas Yoga Aniruddah
7:00pm	7:00-7:45pm Cycle Hip Hop Tangela	7:00-7:45pm Urban Beats Cycle Richard	7:00-7:45pm Cycle Hip Hop Tangela	7:15-8:00pm Boxing Bootcamp Kieonna			
8:30pm	8:30-9:30pm Restorative Yoga Heather			8:30-9:30pm Vinyasa Flow Aniruddah			
9:30pm	9:30 – 10:00pm Guided Meditation (\$4 Drop In Rate!) Heather		*Power Cycle 5:30-6:15pm *Power Flow 6:15-6:45pm				

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!

View our schedule online for the most updated information