

# NEXT LEVEL

A ONE TO ONE FITNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	6:30-7:30am <b>Hot Power Yoga</b> Suzanne		6:30-7:30am <b>Hot Power Yoga</b> Suzanne				
7:30am				7:30-8:30am <b>Pilates Mat</b> Laura			
8:30am						8:30-9:30am <b>Vinyasa Flow</b> Heather	
10:00am						10:00-11:00am <b>HIIT</b> Lauren	
11:00am							11:00-12:00pm <b>Restorative Yoga</b> Heather
12:00pm	12:00-12:50pm <b>Cardio, Core &amp; Conditioning</b> (Includes boxing!) Kirk	12:00-12:50pm <b>Power Cycle &amp;/or Power Flow</b> Suzanne	12:00-12:50pm <b>Slow Flow Yoga</b> Heather	12:00-12:50pm <b>Barre</b> Andrea	12:00-12:50pm <b>Cardio, Core &amp; Conditioning</b> (Includes boxing!) Kirk	12:00-1:00pm <b>Pilates Mat</b> Laura	12:30-1:15pm <b>HIIT</b> Tangela
1:00pm			1:00-1:30pm <b>Deep Pause</b> <b>(\$4 Drop in Rate!)</b> Heather				
2:30pm							2:30-3:15pm <b>Urban Beats Cycle</b> Richard
4:30pm	4:30-5:15pm <b>Cardio Kickboxing</b> Samantha	4:30-5:15pm <b>HIIT</b> Tangela					
5:30pm	5:30-6:30 <b>Barre</b> Andrea	5:30-6:30pm <b>All Levels Vinyasa</b> Alex	5:30-6:45pm <b>Power Cycle &amp;/or Power Flow</b> Katie K.	5:30-6:30pm <b>Hot Power Yoga</b> Suzanne	5:30-6:15pm <b>Urban Beats</b> Richard		
7:00pm	7:00-7:45pm <b>Cycle Hip Hop</b> Tangela	7:00-7:45pm <b>Urban Beats Cycle</b> Richard	7:00-7:45pm <b>Cycle Hip Hop</b> Tangela				
8:30pm	8:30-9:30pm <b>Restorative Yoga</b> Heather						

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