

# 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		6:30-7:30am <b>Hot Power Yoga</b> Isabel		
7:30am							
8:30am						8:30-9:30am <b>Vinyasa Flow</b> Heather	
10:00am						10:00-11:00am <b>HIIT</b> Lauren	9:30-10:30am <b>Hot Power Yoga</b> Leslie
11:00am							11:00-12:00pm <b>Restorative Yoga</b> Heather
12:00pm	12:00-12:50pm <b>Boxing Bootcamp</b> Kirk	12:00-12:50pm <b>Power Cycle / Power Flow</b> Suzanne	12:00-12:50pm <b>Yin Yoga</b> Heather	12:00-12:50pm <b>Power Cycle / Power Flow</b> Suzanne	12:00-12:50pm <b>Boxing Bootcamp</b> Kirk	12:00-1:00pm <b>Yoga Sculpt</b> Hanna	12:30-1:30pm <b>Muscle Conditioning</b> Tangela
1:00pm							
2:30pm							
4:30pm							
5:30pm	5:30-6:30 <b>HIIT</b> Tangela	5:30-6:30pm <b>Hot Power Yoga</b> Isabel	5:30-6:45pm <b>Power Cycle/ Flow</b> Katie	5:30-6:30pm <b>Hot Power Yoga</b> Suzanne	5:30-6:15pm <b>Urban Beats Cycle</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 &amp; Urban Beats</b> Tangela or Richard*				
8:30pm	8:30-9:30pm <b>Restorative Yoga</b> Heather		<i>*instructor alternates, please check schedule on MindBody</i>				

## January-April 2020 Schedule

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 the MindBody App!

View our schedule online for the most updated information. Schedule and instructors are subject to change.