

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 Isabel		
7:30am							
8:30am						8:30-9:30am Vinyasa Flow Heather	
10:00am						10:00-11:00am HIIT Lauren	9:30-10:30am Hot Power Yoga Leslie
11:00am							11:00-12:00pm Restorative Yoga Heather
12:00pm	12:00-12:50pm Lower Body Conditioning Kirk	12:00-12:50pm Power Cycle / Power Flow Suzanne	12:00-12:50pm Yin Yoga Heather	12:00-12:50pm Power Cycle / Power Flow Suzanne	12:00-12:50pm Boxing Bootcamp Kirk		12:30-1:30pm Muscle Conditioning Tangela
1:00pm							
2:30pm							2:30-3:15pm Urban Beats Cycle Richard
4:30pm					4:30-5:15pm Barre Andrea		
5:30pm	5:30-6:30 HIIT Tangela	5:30-6:30pm Hot Power Yoga Isabel	5:30-6:45pm Power Cycle/ Flow Katie	5:30-6:30pm Hot Power Yoga Suzanne	5:30-6:15pm Urban Beats Cycle Richard		
7:00pm	7:00-7:45pm Cycle Hip Hop Tangela	7:00-7:45pm Urban Beats Cycle Richard					
8:30pm	8:30-9:30pm Restorative Yoga Heather						

December 2019 Schedule is for the period of 12/9/19 – 1/12/20

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.