



# FIT+WELL | CLASS SCHEDULE



10:45am Strong + Centered  
12:00pm Yoga (Gentle Flow)  
6:00pm bootybarre®



10:00am Mat Pilates  
11:15am bootybarre®  
12:30pm Yoga (Vinyasa Flow)  
5:30pm Yoga (Hatha)



10:45am Barre  
12:00pm Yoga (Gentle Flow)  
6:00pm Yoga (Vinyasa Flow)



7:15am Yoga (Hatha)  
10:00am Pilates (Mat)  
11:15am Yoga (Vinyasa Flow)  
12:30pm bootybarre®  
5:30pm Strong + Centered



9:30am Restore Your Core  
10:45am Barre  
12:00pm Yoga (Yin/Yang)  
1:10pm Meditation (no charge)



9:30am Yoga (Vinyasa Flow)  
10:45am Barre