

HIIT Cardio - Mondays

Date	Day	Class	Time	Instructor
3/24/2025	Monday	HIIT Cardio	10:30am	Alissa
3/31/2025	Monday	HIIT Cardio	10:30am	Alissa
4/7/2025	Monday	HIIT Cardio	10:30am	Kristi S.
4/14/2025	Monday	HIIT Cardio	10:30am	Alissa
4/21/2025	Monday	HIIT Cardio	10:30am	Leanne
4/28/2025	Monday	HIIT Cardio	10:30am	Alissa

Hatha Flow Yoga - Tuesdays

Date	Day	Class	Time	Instructor
3/18/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
3/25/2025	Tuesday	Hatha Flow Yoga	5pm	Mona
4/1/2025	Tuesday	Hatha Flow Yoga	5pm	Becca
4/8/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
4/15/2025	Tuesday	Hatha Flow Yoga	5pm	Kathy S.
4/22/2025	Tuesday	Hatha Flow Yoga	5pm	Mona
4/29/2025	Tuesday	Hatha Flow Yoga	5pm	Becca

Rise & Grind - Saturdays

Date	Day	Class	Time	Instructor
3/22/2025	Saturday	Rise & Grind	8am	Alissa
3/29/2025	Saturday	Rise & Grind	8am	Mash Up - Kristi T./Allyson
4/5/2025	Saturday	Rise & Grind	8am	Kristi T.
4/12/2025	Saturday	Rise & Grind	8am	Jackie
4/19/2025	Saturday	Rise & Grind	8am	Alissa
4/26/2025	Saturday	Rise & Grind	8am	Sarah

Hatha Flow Yoga - Sundays

Date	Day	Class	Time	Instructor
3/23/2025	Sunday	Hatha Flow Yoga	10am	Courtney
3/30/2025	Sunday	Hatha Flow Yoga	10am	Kathy S.
4/6/2025	Sunday	Hatha Flow Yoga	10am	Becca
4/13/2025	Sunday	Hatha Flow Yoga	10am	Angela
4/20/2025	Sunday	Hatha Flow Yoga	10am	Courtney
4/27/2025	Sunday	Hatha Flow Yoga	10am	Kathy S.