

OCTOBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40
5	6	7	8	9	10
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40
12	13	14	15	16	17
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40
19	20	21	22	23	24
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm NO CLASS	8:30am LIFT30	9:00am QuickBurn40
26	27	28	29	30	31
8:30am Barre 12:40pm Restorative Yoga 6:00pm Hot Yoga	5:30am Barre 8:30am Restorative Wall Yoga 12:40pm Mat Pilates 6:00pm LIFT30 + Abs	8:30am QuickBurn40 12:40pm Wall Yoga 6:00pm QuickBurn40	5:30am QuickBurn40 8:30am Hot Yoga 12:40pm Stretch & Flow 6:00pm LIFT30 + Abs	8:30am LIFT30	9:00am QuickBurn40

New Student Intro Special (2 weeks of UNLIMITED CLASSES): \$25.00
 Drop-in Class: \$15.00
 Pre-Paid Class Pass (5 Classes): \$60.00
 Unlimited Monthly Classes: \$100.00
 Private Session: \$30.00
 Fitness & Nutrition Coaching: Check Availability

Barre: Barre, Kickboxing, Step, Weights = Cardio Burn: 50 Minutes, all levels
 QuickBurn40: Cardio, Weights, Interval Class. 40 minutes, all levels
 Yoga/Pilates (12:40pm): 40 minutes, all levels
 LIFT30: Weight lifting class. 30 minutes, all levels
 Hot Yoga: Temp 95*, Humidity 40%. 50 minutes, all levels (towel/ water recommended)
Highlight denotes class change/substitution and/or new class

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