

HIIT Cardio - Mondays

Date	Day	Class	Time	Instructor
4/28/2025	Monday	HIIT Cardio	10:30am	Alissa
5/5/2025	Monday	HIIT Cardio	10:30am	Kristi S.
5/12/2025	Monday	HIIT Cardio	10:30am	Alissa
5/19/2025	Monday	HIIT Cardio	10:30am	Leanne
6/2/2025	Monday	HIIT Cardio	10:30am	Alissa
6/9/2025	Monday	HIIT Cardio	10:30am	Alissa
6/16/2025	Monday	HIIT Cardio	10:30am	Alissa
6/23/2025	Monday	HIIT Cardio	10:30am	Alissa
6/30/2025	Monday	HIIT Cardio	10:30am	Alissa

Hatha Flow Yoga - Tuesdays

Date	Day	Class	Time	Instructor
4/29/2025	Tuesday	Hatha Flow Yoga	5pm	Becca
5/6/2025	Tuesday	Hatha Flow Yoga	5pm	Mona
5/13/2025	Tuesday	Hatha Flow Yoga	5pm	Kathy S.
5/20/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
5/27/2025	Tuesday	Hatha Flow Yoga	5pm	Teresa
6/3/2025	Tuesday	Hatha Flow Yoga	5pm	Becca
6/10/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
6/17/2025	Tuesday	Hatha Flow Yoga	5pm	Kathy S.
6/24/2025	Tuesday	Hatha Flow Yoga	5pm	Mona

Rise & Grind - Saturdays

Date	Day	Class	Time	Instructor
4/26/2025	Saturday	Rise & Grind	8am	Sarah
5/3/2025	Saturday	Rise & Grind	8am	Kristi T.
5/10/2025	Saturday	Rise & Grind	8am	Kristi T.
5/17/2025	Saturday	Rise & Grind	8am	Allyson
5/24/2025	Saturday	Rise & Grind	8am	Sarah
5/31/2025	Saturday	Rise & Grind	8am	Jackie/Ali - SHINE
6/7/2025	Saturday	Rise & Grind	8am	Kristi T.
6/14/2025	Saturday	Rise & Grind	8am	Leanne
6/21/2025	Saturday	Rise & Grind	8am	Jackie - UPLIFT
6/28/2025	Saturday	Rise & Grind	8am	Sarah

Hatha Flow Yoga - Sundays

Date	Day	Class	Time	Instructor
4/27/2025	Sunday	Hatha Flow Yoga	10am	Kathy S.
5/4/2025	Sunday	Hatha Flow Yoga	10am	Becca
5/11/2025	Sunday	Hatha Flow Yoga	10am	Angela
5/18/2025	Sunday	Hatha Flow Yoga	10am	Courtney
5/25/2025	Sunday	Hatha Flow Yoga	10am	Kathy S.
6/1/2025	Sunday	Hatha Flow Yoga	10am	Becca
6/8/2025	Sunday	Hatha Flow Yoga	10am	Teresa
6/15/2025	Sunday	Hatha Flow Yoga	10am	Cancelled
6/22/2025	Sunday	Hatha Flow Yoga	10am	Courtney
6/29/2025	Sunday	Hatha Flow Yoga	10am	Courtney