



SEPTEMBER 2026 SCHEDULE

Monday



6:00am
Outdoor Vinyasa
Express

8:30am
Warm All Levels
Vinyasa

9:00am
Barre Strong

5:30pm
Vinyasa Express

6:00pm
Barre

7:00pm
Yin Yoga

Tuesday



6:15am
Barre

8:00am
Barre

9:30am
Mat Pilates

5:30pm
Warm
Vinyasa II

7:00pm
Outdoor Gentle
Yoga

Wednesday



6:00am
Outdoor Vinyasa
Express

8:30am
Warm
Vinyasa II

9:00am
Barre

5:30pm
Vinyasa I

6:00pm
Mat Pilates

7:00pm
Restorative
Yoga

Thursday



6:15am
Barre

8:00am
Barre

9:15am
Outdoor Vinyasa
Yoga

7:00pm
Yin Yoga

Friday



6:15am
Vinyasa Express

8:30am
Warm
Vinyasa II

9:00am
Barre

9:45am
Yin Yoga

5:30pm
Restorative
Yoga

Saturday



8:00am
Barre Strong

8:45am
Warm All Levels
Vinyasa

10:00am
Mat Pilates

11:00am
Breathwork
& Reiki
occurs the 1st and 3rd
Saturday of the month

11:00am
Mommy & Me
Yoga
occurs the 2nd
Saturday of the month

Sunday



8:00am
Barre

9:15am
Outdoor Vinyasa
Yoga

11:00am
Prenatal Yoga

4:00pm
Gentle Yoga



BOOK A CLASS