

MONDAY

6:30 AM (MB) 45
POWER SCULPT *
W/ ERICA
NEW TIME

8:00 AM (MB) 45
POWER SCULPT *
W/ ERICA

12:00 PM (X) 60
COMPETE ELITE *
W/ EBAL

1:00 PM (MB) 45
PILATES FUSION *
W/ ERICA

5:45 PM (MB) 45
SUSPEND &
SCULPT *
W/ LISA

6:00 PM (X) 45
MUSCLE DRIP *
W/ DIANA

7:00 PM (MB) 45
RECOVERY &
MOBILITY *
W/ JAMES

7:00 PM (X) 45
CORE & MORE *
W/ OLIVIA

8:00 PM (MB) 60
RESTORTIVE YIN
YOGA *
W/ JAMES

TUESDAY

7:00 AM (X) 45
BOOTY SCULPT *
W/ HALEY

7:15 AM (MB) 45
PILATES FUSION *
W/ LYDIA

12:00 PM (X) 45
DEFINE *
W/ SUSAN

5:00 PM (MB) 45
PILATES FUSION *
W/ MANDY

6:00 PM (MB) 45
PILATES FUSION *
W/ MANDY

6:00 PM (X) 45
MUSCLE DRIP *
W/ SAM

7:00 PM (X) 45
CORE & MORE *
W/ MANDY

7:30 PM (MB) 60
DYNAMIC STRENGTH
FLOW *
W/ STEVEN

8:00 PM (X) 60
ZUMBA *
W/ ODRIS

WEDNESDAY

6:30 AM (MB) 45
POWER SCULPT *
W/ ERICA

7:00 AM (X) 45
COMPETE ELITE *
W/ SAM

7:30 AM (MB) 60
ENERGY FLOW
YOGA *
W/ GABY

12:00 PM (X) 45
MUSCLE DRIP *
W/ ERICA

5:30 PM (X) 45
BOOTY SCULPT *
W/ OLIVIA

6:00 PM (MB) 60
PILATES FUSION *
W/ KAT

6:30 PM (X) 45
HUSTLE *
W/ DIANA
NEW

7:30 PM (MB) 60
STRETCH & FLOW *
W/ RIA

THURSDAY

7:00 AM (X) 45
BOOTY SCULPT *
W/ GILLIAN

8:00 AM (MB) 60
POWERFLOW
YOGA *
W/ MELISSA
NEW TIME

12:00 PM (X) 45
DEFINE *
W/ ERICA

6:00 PM (X) 45
PILATES PUMP *
W/ GILLIAN

6:00 PM (MB) 60
ALIGNMENT
STRENGTH FLOW *
W/ STEVEN

7:00 PM (X) 60
ZUMBA *
W/ ODRIS

7:15 PM (MB) 60
DYNAMIC STRENGTH
FLOW *
W/ STEVEN

8:30 PM (MB) 45
SOUL ALIGNMENT *
W/ ROSE

FRIDAY

6:30 AM (MB) 45
PILATES FUSION *
W/ WILL

7:30 AM (MB) 45
PILATES FUSION *
W/ WILL

12:00 PM (X) 60
BEAST TRAINING
CAMP *
W/ SAM
NEW

12:00 PM (MB) 45
PILATES FUSION *
W/ ERICA

6:00 PM (MB) 60
PILATES FUSION *
W/ GILLIAN

6:15 PM (X) 45
COMPETE ELITE *
W/ KAREN

7:15 PM (MB) 60
MIND BODY SOUND *
W/ KAREEM
NEW
(STARTING 8/11)

SATURDAY

9:00 AM (X) 45
BOOTY SCULPT *
W/ LISA

9:00 AM (MB) 45
PILATES FUSION *
W/ WILL

10:00 AM (X) 45
BEAST TRAINING
CAMP *
W/ LISA

10:00 AM (MB) 60
ALIGNMENT
STRENGTH FLOW *
W/ STEVEN

11:00 AM (X) 45
SHRED *
W/ EBAL

11:15 AM (MB) 60
VINYASA YOGA *
W/ GIANNA

1:00 PM (MB) 60
MIND BODY SOUND *
W/ KAREEM

SUNDAY

9:00 AM (MB) 60
ENERGY FLOW
YOGA *
W/ GABY

9:00 AM (X) 60
HUSTLE *
W/ SAM
NEW

10:30 AM (MB) 60
RECOVERY MOBILITY
W/ OLIVIA

10:30 AM (X) 60
ZUMBA *
W/ ODRIS

12:00 PM (MB) 45
POWER SCULPT *
W/ GILLIAN

2:00 PM (MB) 60
VINYASA YOGA *
W/ JAMES

AUGUST SCHEDULE

SIGN-UP ON THE APP STARTING 25-HOURS PRIOR

MB - MIND & BODY STUDIO

X - MAIN STUDIO

DANCE CLASSES *

STRENGTH CLASSES *

MIND/BODY CLASSES *

STRENGTH CONDITIONING/HIIT CLASSES *