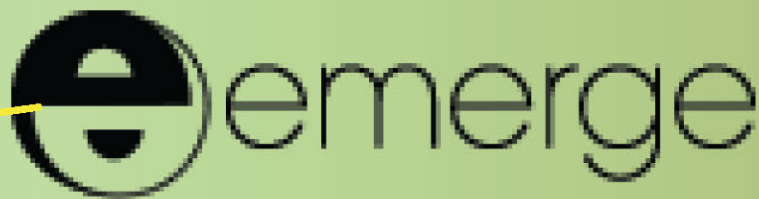


CLASSES IN **BOLD** ARE
IN THE HOT STUDIO



Week of
8/18/25

MONDAY 18

9:15-10:15am Hatha Yoga - Meenakshi

10:30-11:30am Pilates Mat - Meenakshi

10:30-11:30am Healthy Backs - Deb

4:45-5:45pm Slow Flow Vinyasa
Catherine

 **6-7:00pm Hot Vinyasa - Catherine**

THURSDAY 21

8:15-9:10am Precision Barre - Deb

9:30-10:30am Gentle Flow - Krishna

4:30-5:30pm Restoration at the Wall - Deb

6:00-7:00pm Yin Yoga - Meenakshi

New Time! 

SUNDAY 24

 **7:45-9:00am Ashtanga Flow - Salil**

9-10:00am Cardio Barre - Andy

10:15-11:15am Healthy Backs - Andy

 **10:30-11:30am Hot Vinyasa - Catherine**

3-4:00pm Gentle Flow - Krishna

TUESDAY 19

8:15-9:10am Precision Barre - **Deb**

 **9:30-10:30am Hot Vinyasa - Catherine**

9:30-10:30am Gentle Flow - Kaytee

5:30 - 6:30pm Hatha Flow - Meenakshi

6:45 - 7:45pm Yin Yoga - Meenakshi

FRIDAY 22

8-9:00am Slow Flow Vinyasa - Deb

 **9:30-10:30am Hot Vinyasa - Kaytee**

9:15-10:15am Foundation Strength &
Flexibility -Deb

12:15-1:15pm Healthy Backs - Barbara

WEDNESDAY 20

5:45-6:40am Precision Barre - Deb

9-10:00am Slow Flow Vinyasa - Anne

10-11:00am Pilates Sculpt -Deb

12-1:00 pm Healthy Backs - Andy

5:30-6:30pm Gentle Flow -Polina

 **6-7:00pm Hot Vinyasa - Heather**

SATURDAY 23

 **9:30-10:30am Hot Vinyasa - Heather**

9:30-10:15am Express Slow Flow Joanna

10:30-11:30am Healthy Backs -Andy

 **10:45-11:45am Yin for Healthy Backs-**
Heather

TEMPERATURE GUIDE

Precision Barre, Cardio Barre, Postural Strength & Flexibility
75-78

Healthy Backs - 78-82

Yin Yoga, Gentle Flow, Hatha, Wall Classes 80-82

Slow Flow Vinyasa, Hatha Flow 82-88

 Hot Vinyasa 90-92+

** Notes a substitute

Only classes with a
flame are hot classes.
Classes in bold and
underlined but no
flame, are in the hot
studio because of
higher attendance.

The class will NOT be
hot.