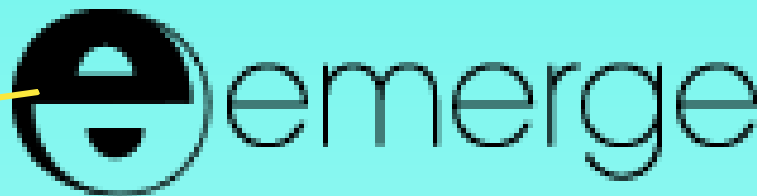


CLASSES IN **BOLD** ARE  
IN THE HOT STUDIO



**Week of**  
**12/1/2025**

## MONDAY 1

**9:15-10:15am Hatha Yoga - Barbara\*\***

10:30-11:30am Pilates Mat - Deb\*\*

**10:30-11:30am Healthy Backs - Barbara\*\***

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

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

## TUESDAY 2

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

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

9:30-10:30am Gentle Flow - Polina\*\*

5:30 - 6:30pm Hatha Flow - Deb\*\*

**6:45 - 7:45pm Yin Yoga - Deb\*\***

## WEDNESDAY 3

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**

## THURSDAY 4

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

9:30-10:30am Gentle Flow - Anjali\*\*

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

**6:00-7:00pm Yin Yoga - Deb\*\***

## FRIDAY 5

8-9:00am Slow Flow Vinyasa - Deb

 **9:30-10:30am Hot Vinyasa - Anjali\*\***

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

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

## SATURDAY 6

 **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**

## SUNDAY 7

 **7:45-9:00am Ashtanga Flow - Dr. 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 - Polina\*\***

## 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.