

TAKE A CLASS IN
ONE OF OUR THREE
STUDIO ROOMS:



RISE: BUNGEE FITNESS + AERIAL YOGA + DANCE FITNESS



RIDE: INDOOR BEAT-BASED CYCLING + POWER RIDES



ROOT: YOGA, STRENGTH, PILATES, BARRE

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM - 6:45AM	INTRO TO RHYTHM: TARA	RHYTHM RIDE: TARA	RHYTHM RIDE: MADISON W.	RHYTHM RIDE: MADISON G.			
6AM - 7AM		INTRO TO BUNGEE: JADE					
7AM - 8AM	HOT PILATES: CARLEIGH	HOT FLOW: TARA	YOGALATES: CARLEIGH	HOT FLOW: DANI B.	HOT HATHA 26.2 : HEATHER		
7:15AM - 8:15AM	AERIAL YOGA FLOW: TARA						
8AM - 9AM						HOT FLOW: CHELSEA	
9AM - 9:45AM		INTRO TO RHYTHM: CHRISTINE			RHYTHM RIDE: ADRIANA		
9AM - 10AM		VINYASA: MEAGAN				STRENGTH + SCULPT: NIKKI W	HOT FLOW: ADRIANA
9AM - 10AM			INTRO TO BUNGEE: BONNIE		INTRO TO BUNGEE: BONNIE	INTRO TO BUNGEE: MADISON W	LEVEL 1 BUNGEE: TARA/BONNIE
10:30AM - 11:15AM							RHYTHM RIDE: BONNIE
10:30AM - 11:30AM						LEVEL 1 BUNGEE: BONNIE	INTRO TO BUNGEE: MADISON W
10:30AM - 11:30AM			POWER + ALIGN: CHELSEA				
10:30AM - 11:45AM	75 MIN SLOW FLOW: NICCY				75 MIN SLOW FLOW: ADIRANA		
12PM - 1PM	INTRO TO BUNGEE: BONNIE						
12PM - 1PM		VINYASA: KATIE	HOT HATHA 26.2: BONNIE	HOT HATHA 26:2 TARA	RELEASE + RESTORE: MELI	HOT HATHA 26.2: BONNIE	
12PM - 1:30PM							HOT HATHA 26.2 90MIN: BONNIE/NATALIE
2PM - 3PM							COMMUNITY CLASS: ROTATING INSTRUCTORS
3PM - 3:45PM							KIDS AERIAL YOGA: TARA
4:00PM - 4:45PM			RHYTHM RIDE: TARA				INTRO TO RHYTHM: TARA
4:00PM - 5:00PM	RIDE + STRENGTH + STRETCH: TARA						
5:15PM - 6:15PM	HOT HATHA 26.2: BONNIE	HOT HATHA 26.2: HEATHER		UNHEATED VINYASA: KATIE			SOMATIC YIN YOGA: JENNY
5:15PM - 6:15PM	BEGINNER AERIAL YOGA: TARA	SOMATIC YIN YOGA: JENNY	LEVEL 1 BUNGEE: TARA	INTRO TO BUNGEE: TARA			BEGINNER AERIAL YOGA: TARA
5:30PM - 6:15PM			CORE: JADE				
6:30PM - 7:15PM		RIDE + STRENGTH: ENRIQUE					
6:30PM - 7:30PM	POWER YOGA: TARA	STRENGTH + SCULPT: NIKKI	POWER YOGA: TARA	STRENGTH + SCULPT: WANDA			
6:30PM - 7:30PM	BUNGEE BURN: BONNIE	INTRO TO BUNGEE: ALLISON	INTRO TO BUNGEE: JADE	DANCE FITNESS: MELI			AERIAL YIN: TARA