

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 | RHYTHM RIDE: TARA | RHYTHM RIDE: MADISON W | | RHYTHM RIDE: MADISON G. | | | |
| 6AM - 7AM | | INTRO TO BUNGEE: JADE | | | | | |
| 7AM - 8AM | HOT PILATES: CARLEIGH | POWER YOGA: JADE | YOGALATES: CARLEIGH | HOT FLOW: DANI B. | BARRE: HEATHER | | |
| 7AM - 8AM | LEVEL 1 BUNGEE: TARA | | AERIAL YOGA FLOW: TARA | | | | |
| 8AM - 9AM | | | | | | HOT FLOW: CHELSEA | |
| 8:30AM - 9:15AM | | | RHYTHM RIDE: TARA | | | | |
| 9AM - 9:45AM | | INTRO TO RHYTHM: CHRISTINE | | | RHYTHM RIDE: ADRIANA | | |
| 9AM - 10AM | | | | | | STRENGTH + SCULPT: NIKKI W | HOT FLOW: ADRIANA |
| 9AM - 10AM | | | | | INTRO TO BUNGEE: BONNIE | INTRO TO BUNGEE: MADISON W | |
| 10:30AM - 11:15AM | | | | | | | RHYTHM RIDE: BONNIE |
| 10:30AM - 11:30AM | | | INTRO TO BUNGEE: BONNIE | | | LEVEL 2 BUNGEE: BONNIE | INTRO TO BUNGEE: MADISON W |
| 10:30AM - 11:30AM | | | | | | HOT PILATES: CHELSEA | |
| 10:30AM - 11:45AM | 75 MIN SLOW FLOW: NICCY | | | | 75 MIN SLOW FLOW: ADIRANA | | |
| 12PM - 1PM | | AERIAL YOGA FLOW: TARA | | | | | |
| 12PM - 1PM | | WARM VINYASA: KATIE | HOT HATHA 26.2: BONNIE | HOT HATHA 26.2 TARA | | HOT HATHA 26.2: BONNIE | |
| 12PM - 1:30PM | | | | | | | HOT HATHA 26.2 90MIN: NATALIE |
| 2PM - 3PM | | | | | | | COMMUNITY CLASS: ROTATING INSTRUCTORS |
| 3:15PM - 4:15PM | | | | | | | BARRE: PATIENCE |
| 4:00PM - 4:45PM | | | | | | | INTRO TO RHYTHM: TARA |
| 4:00PM - 5:00PM | | | BARRE: NIKKI S. | | | | |
| 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 | AERIAL YOGA FLOW: TARA | PILATES + GLUTES + CORE: CHELSEA | 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 - 7:15PM | | STRENGTH + SCULPT: NIKKI | | STRENGTH + SCULPT: WANDA | | | |
| 6:30PM - 7:30PM | POWER YOGA: TARA | | POWER YOGA: TARA | | | | |
| 6:30PM - 7:30PM | BUNGEE BURN: BONNIE | INTRO TO BUNGEE: MADISON W. | GOLDEN BUNGEE: JADE | DANCE FITNESS: MELI | | | AERIAL YIN: TARA |
| 7:30PM - 8:30PM | | YIN YOGA: JENNY | | | | | |