

IN-STUDIO Classes

April • May • June 2025

	Mon	Tues	Wed	Thurs	Fri	Sat
8:30 AM						App 4
9:00 AM	App 2		App 4+		Mat•FLOW 4/5	
9:30 AM						App 4
10:00 AM	Mat•LAB 4/5		App 3	App 3+		
10:30 AM						Mat 3+
11:00 AM		App 4/5				
11:30 AM						Mat 2+
12:30 AM						
4:00 PM	Mat 4+	Beg.Mix	App 3+			
5:00 PM	App 3+	App 3	App 2/3			
6:00 PM	App 4	App 3+	Mat 4/5 w/R	App 4		
7:00 PM		App 4				

All classes have a 24 hour cancellation policy as outlined in our waiver.