

MONDAY

5:30am - 6:25am

Barre Burn

Kari | MB

7am - 7:55am

Mat Pilates

Stephanie | MB

8:15am - 9:10am

BAC Burn

Diane | MB

9:15am - 10:10am

Yoga Flow

Jodi | MB

10:30am - 11:25am

Melt

Lila | MB

11:30am - 12:25pm
Yoga Flow

Lila | MB

5:30pm - 6:25pm
Vinyasa Flow

Lanae | MB

6:30pm - 7:10pm

Yoga Fusion

Jamie | MB

7:30pm - 8:25pm

Booty Barre Burn

Samantha | MB

TUESDAY

5:30am - 6:25am

Sunrise Yoga

Mo | MB

9:15 am - 10:10 am

Yoga Basics

Jodi | MB

10:30am - 11:25am

Yoga Flow

Diane | MB

11:35am - 12:30pm

Gentle Yoga

Sally | MB

5:30pm - 6:25pm
POP Pilates

Nisi | MB

6:30pm - 7:25pm

Vinyasa Flow

Lanae | MB

WEDNESDAY

5:30am - 6:25am

Barre Burn

Kari | MB

7am - 7:55am

Mat Pilates

Stephanie | MB

8:15am - 9:10am

BAC Burn

Diane | MB

9:15am - 10:10am

Yoga Basics

Jamie | MB

10:30am - 11:25am

Yin Yoga

Jamie | MB

12pm - 12:55pm

Dancing at the Barre

Ethan | MB

5:30pm - 6:25pm
Kids Yoga

Nuvana | MB (6+)

6:30pm - 7:25pm

Iyengar Yoga

Nuvana | MB

7:30pm - 8:25pm

Iyengar Yoga

Nuvana | MB

THURSDAY

5:30am - 6:25am

Sunrise Yoga

Mo | MB

8:30am - 9:25am

Iyengar Yoga

Nuvana | MB

9:30am - 10:25am

Iyengar Yoga

Nuvana | MB

10:30am - 11:25am

Yoga Flow

Diane | MB

11:35am - 12:30pm

Yoga Basics

Sally | MB

5:30pm - 6:25pm
POP Pilates

Nisi | MB

6:30pm - 7:45pm

Yoga Meditative Moves

Kiyoko | MB

FRIDAY

8:30am - 9:25am

Booty Barre Burn

Sierra | MB

9:30am - 10:25am

Gentle Yoga

Sally | MB

10:30am - 11:25am

Iyengar Yoga

Nuvana | MB

11:30am - 12:25pm

Meditative Yoga

Nuvana | MB

12:30pm - 1:30pm

Mat Pilates

Stephanie | MB

6pm - 7:30pm

Yin Yang Yoga

Jamie | MB

SATURDAY

8am - 8:55am

Yoga Force

Sierra/Jodi | MB

9:15am - 10:10m

LesMills BodyFlow

Kathleen | MB

10:15am - 11:10am

Dancing at the Barre

Ethan | MB

11:15am - 12pm

Family Yoga

Mo | MB

SUNDAY

8:15am - 9:10am

Yoga Basics

Mo | MB

10:15am - 11:10am

Iyengar Yoga

Nuvana | MB

11:15am - 12:10pm

Iyengar Yoga

Nuvana | MB

4pm - 4:55pm

Yin Yoga

Jamie | MB