

Release Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	Total Body Conditioning (L/IS) 6:00AM-6:45AM Donna David	Sunrise Flow (L/IS) Flow 6:00AM-7:00AM Gina Mandella	Fit to the Core (L/IS) 5:00AM-5:45AM Donna David	Sunrise Flow (L/IS) 6:00AM-7:00AM Gina Mandella	Sunrise Flow (L/IS) 6:00AM-7:00AM Gina Mandella		Tabata (L/IS) 7:45AM-8:30AM Donna David
	Bootcamp (IS) 7:00AM-7:45AM Caitlin Borsini	Circuit Training (L/IS) 7:15AM-8:00AM Melissa Hurley	Total Body Conditioning (L/IS) 6:00AM-6:45AM Donna David	Circuit Training (L/IS) 7:15AM-8:00AM Melissa Hurley	Bootcamp (IS) 7:00AM-7:45AM Caitlin Borsini	Cycle (L/IS) 8:00AM-8:45AM Christi Tarzia	Gentle Yoga and Meditation (L/IS) 8:45AM-9:45AM Gina Mandella
		Cycle (L/IS) 8:15AM-9:00AM Christi Tarzia	Bootcamp (IS) 7:00AM-7:45AM Caitlin Borsini	Cycle (L/IS) 8:15AM-9:00AM Christi Tarzia	Cycle (L/IS) 8:15AM-9:00AM Jenny Albin	Barre Tabata (L) 8:00AM-8:30AM Caitlin Borsini	Cycle (L/IS) 8:45AM-9:30AM Jenny Albin
	Power Yoga (L/IS) 9:00AM-10:00AM Jeannie Costabile	Total Body Conditioning (L/IS) 9:15AM-10:00AM Donne Railsback	Mindfulness Meditation (L) 8:30AM-9:00AM Carole Williamson	Total Body Conditioning (L/IS) 9:15AM-10:00AM Donne Railsback	Powerlates (L) 8:30AM-9:00AM Christine Trombetta	Power Yoga (L/IS) 9:00AM-10:00AM Christine Trombetta	All Levels Flow (L/IS) 10:00AM-11:00AM Gina Mandella
	Gentle Yoga (L/IS) 10:30AM-11:30AM Laura Mayhew	Power Yoga (L/IS) 10:30AM-11:00AM Jeannie Costabile	Power Yoga (L/IS) 10:00AM-11:00AM Christine Trombetta	Yin Yoga (L/IS) 10:30AM-11:30AM Eileen Nikopoulos	Iyengar Yoga Basics (L/IS) 10:30AM-11:30AM Sharan Tulsiani	Bootcamp (IS) 9:15AM-10:00AM Melissa Hurley	
Afternoon Classes		Barre (L) 4:00PM-4:30PM Caitlin Borsini			Power Yoga (L/IS) Jeannie Costabile 12:00PM-1:00PM		
Night Classes	Flow and Restore (L/IS) 5:30PM-6:15PM Rebecca Dybala	Yoga Flow (L/IS) 6:00PM-6:30PM Krystal Maldonis	All Levels Flow (L/IS) 6:15PM-7:15PM Marianne Davis	Barre (L/IS) 5:30PM-6:15PM Danielle Archila			
	Total Body 20 min (L) 6:20PM-6:30PM Caitlin Borsini	Cycle (L/IS) 6:30PM-7:15PM Jenny Albin		Cycle (L/IS) 6:30PM-7:15PM Donne Railsback			
	Free Meditation (L) 6:20PM-6:30PM Rebecca Dybala			Yoga Core (L) 6:30PM-7:00PM Jeannie Costabile			
				Yoga Nidra (L) 7:00PM-7:30PM Laura Mayhew			Live Stream Restorative Yoga 7:00PM-7:30PM Rebecca Reber

(Schedule is subject to change)

L= Livestream IS= In Studio