

movement class
+
workshop schedule
w i n t e r

m o n d a y

9:00 am
9:00 am
10:00 am
10:00 am
11:00 am
11:15 am
11:15 am
12:30 pm
5:30 pm
5:30 pm
5:30 pm
6:30 pm
6:45 pm
6:45 pm

lift + align
hot pilates
pilates with weights
heated flow
functional strength
beginner aerial flow
yin-yasa flow
aerial floating meditation
awakening energy flow
pilates with weights
heated power flow
all level aerial flow
yin yoga
pearl flow

laurie
sara
ann-marie
monica
ann-marie
macara
laurie
sheri
amy
ann-marie
gabby
yeoten
michelle
sraddha

t u e s d a y

9:00 am
9:00 am
10:00 am
10:00 am
10:00 am
11:15 am
11:15 am
11:15 am
5:30 pm
5:30 pm
5:45 pm
6:30 pm
6:45 pm

power flow
barre sculpt
pearl flow
lymphatic aerial flow
functional strength
yin-yasa flow
lift + align
breathe + release
heated power flow
TRX sculpt
core pilates
slow flow
sound meditation

kia
whitney
kelly
macara
kia
heather
kelly/kia
amy
amanda
christine
sara
savitha
josh

w e d n e s d a y

9:00 am
10:00 am
10:00 am
10:00 am
11:00 am
11:00 am
11:15 am
11:15 am
5:30 pm
5:30 pm
5:30 pm
6:45 pm
6:45 pm
6:45 pm
6:45 pm

TRX sculpt
pearl flow
classical pilates
qigong
sound therapy
aqua flow + strength
all level aerial flow
gentle flow
hot pilates
TRX sculpt
chakra flow
aqua zumba
HIIT yoga sculpt
slow flow
restorative yoga + reiki

laurie
kia
ann-marie
amanda
amanda
peggy
suzanne
savitha
sara
gabby
laurie
leilani
sara
sarah
laurie

drop in \$30

5 class pack \$110

10 class pack \$190

25 class pack \$395

monthly unlimited membership available

t h u r s d a y

9:00 am
9:00 am
10:00 am
10:00 am
11:00 am
11:15 am
5:30 pm
5:30 pm
5:30 pm
6:30 pm
6:30 pm
6:45 pm
6:45 pm

heated flow
barre sculpt
heated flow
functional strength
release + relax
awakening energy flow
heated flow
lift + align
breathe + release
pilates with weights
aqua strength + stretch
lymphatic flow
yoga nidra + sound

kia
andie
heather
kia
kia
amy
amanda
lori
amy
suzanne h
peggy
laurie
amanda

f r i d a y

9:00 am
9:00 am
10:00 am
10:00 am
10:00 am
11:00 am
11:15 am
11:15 am
5:00 pm

warm slow flow
THE ballet collective
heated flow
core pilates
somatic movement
THE dance collective
beginner aerial flow
lymphatic flow
heated power flow

amanda
dana
amanda
sara
ann-marie
ann-marie
macara
heather
ann-marie

s a t u r d a y

8:00 am
8:15 am
9:15 am
9:15 am
10:00 am
10:30 am
10:30 am
11:45 am
11:45 am
11:45 am

heated flow
lift + align
pearl flow
TRX sculpt
THE ritual practice
sound meditation
beginner aerial flow
\$10 community flow
beginner aerial flow
breathe + release/restorative yoga

stella
lori
jasmine
gabby
amanda
josh
suzanne
rotating
yeoten
amy/amanda

s u n d a y

9:00 am
9:00 am
10:00 am
10:15 am
10:15 am
11:15 am
11:30 am
11:30 am
12:30 pm

hot pilates
beginner flow
gentle flow
barre sculpt
heated power flow
beginner aerial flow
\$10 community flow
yin yoga
all level aerial flow

sara
andie
amy
andie
heather
tracy
rotating
romy
jacquelyn

aerial floating acupuncture + sound

fri, 12.12, 1.9, 2.6, 6:30-8pm

shamanic cacao + sound ceremony

fri, 1.9, 2.6, 6:30-8pm

THE sound wave experience

fri, 1.9, 2.20, 6-7pm

THE new moon ceremony

sat, 12.20, 1.17, 2.14, 6-7:30pm

THE full moon ceremony

sat, 1.3, 1.31, 6-7:30pm

restorative aerial yoga + sound

fri, 1.23, 2.20, 6:30-8pm

aerial floating acupuncture + sleep yoga

fri, 12.19, 1.30, 2.27, 6:30-8pm

THE seven lights healing circle

sun, 12.14, 1.4, 2.8, 2-3:30pm

somatic movement, reiki, + sound

fri, 12.19, 1.16, 2.20, 6:30-8pm

\$30 community acupuncture

mon, 12.8, 1.5, 2.2, 11:15-12:15pm

aligned for love

sun, 1.18, 2.1, 1-2:15pm

becoming: embracing the

wisdom of menopause

1.11, 2.8, 1:30-3:30pm

inner harmony: moving beyond

inflammation

sun, 12.14, 2-3:30pm

veiled: a ceremony of

sound + spirit

sun, 12.14, 2-3:30pm

THE fundamentals of aerial flow

sun, 12.20, 1-2:30pm

a winter solstice ceremony

sun, 12.20, 4:30-6pm

THE alchemy immersion

12.21, 2-3:30pm

sacred bloom

12.21, 1:30-3:30pm

THE high priestess immersion

12.28, 1-4pm

manifest! a vision board +

acupuncture experience

1.4, 1-4pm

held by the light

1.11, 1:30-3:30pm

energy clearing for 2026

1.11, 11am-1:30pm

elevate: an aerial dance experience

fri, 1.16, 6:30-8pm

THE sounds of stillness

1.18, 1:30-3:30pm

strong foundations

1.18, 2-3:15pm

unlocking restorative rest

1.25, 1-2:30pm

serenity now: harp, yin yoga +

chocolate ceremony

1.30, 6:30-8pm

doggy noses and yoga poses

1.31, 1:30-3pm

beyond THE veil

2.15, 1-3pm

Kaiut yoga

2.15, 1-4pm

twisted love: partner aerial

2.15, 2-3:15pm

foundations of wellness

2.22, 1:30-3pm

beginner bungee fitness

12.12, 12.13, 12.20, 12.27

1.4, 1.9, 1.10, 1.23, 1.25

2.6, 2.7, 2.14, 2.20, 2.21