

movement class
+
workshop schedule

s u m m 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
gentle flow
pilates with weights
heated power flow
all level aerial flow
yin yoga
pearl flow

laurie
sara
ann-marie
monica
ann-marie
sheri
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
12:15 pm
5:30 pm
5:30 pm
5:45 pm
6:30 pm
6:30 pm
6:45 pm

power flow
pilates with weights
pearl flow
suspension pilates
functional strength
yin-yasa flow
lift + align
breathe with reiki
suspension pilates
heated power flow
TRX sculpt
core pilates
slow flow
gentle aerial flow
sound meditation

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

w e d n e s 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
5:30 pm
5:30 pm
5:30 pm
6:30 pm
6:45pm
6:45 pm
6:45 pm

barre sculpt
heated flow
pearl flow
classical pilates
qigong
sound therapy
all level aerial flow
gentle flow
hot pilates
TRX sculpt
chakra flow
hot pilates with weights
aqua zumba
beginner flow
restorative yoga + reiki

whitney
savitha
kia
ann-marie
amanda
amanda
suzanne
savitha
sara
gabby
laurie
sara
leilani
salma
laurie

drop in \$30

5 class pack \$120

10 class pack \$210

25 class pack \$450

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
6:45 pm
6:45 pm

heated flow
barre sculpt
heated flow
functional strength
THE broadway jazz collective
slow flow
heated flow
lift + align
breathe with reiki
aqua strength + stretch
barre sculpt
lymphatic flow

kia
andie
heather
kia
dana
kia
amanda
lori
amy
peggyki
kristy
laurie

f r i d a y

8:45 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

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

amanda/monica
dana
amanda
sara
ann-marie
ann-marie
sheri
heather
ivy

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
11:30 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 with reiki/restorative yoga

stella
lori
jasmine
gabby
amanda
josh
suzanne
rotating
macara
amy/ivy

s u n d a y

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

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

sara
andie
amy
andie
heather
jacquelyn
rotating
romy
jacquelyn

aerial floating acupuncture + sound

fri, 6.5, 7.17, 8.7, 6:30-8pm

THE sound wave experience

fri, 6.12, 7.10, 8.14, 6-7pm

THE new moon ceremony

sat, 7.11, 8.15, 6-7:30pm

THE full moon ceremony

sat, 6.27, 8.1, 8.29, 6-7:30pm

restorative aerial yoga + sound

fri, 6.12, 7.10, 8.14, 6:30-8pm

aerial floating acupuncture + sleep yoga

fri, 6.26, 7.31, 8.28, 6:30-8pm

THE seven lights healing circle

sun, 6.7, 7.5, 8.2, 2-3:30pm

community acupuncture

mon, 6.8, 7.13, 8.3, 11:15-12:15pm

mindful warrior yoga

fri, 7.10, 8.21, 6:30-8pm

Reiki Level One Training

sat, 6.14, 11-3pm

discovering my new identity after loss

sun, 6.7, 1:30-3pm

shamanic cacao + sound ceremony

fri, 6.12, 6:30-8pm

summer reset: aerial flow + sound

sat, 6.13, 6-7:30pm

THE stargazer: summer solstice edition

fri, 6.19, 6:30-8pm

summer solstice 108 sun salutations

sat, 6.20, 1-2:30pm

THE alchemy immersion

sun, 6.21, 2-3:30pm

serenity now: harp, yin, + meditation

fri, 6.26, 6:30-8pm

elevate: an aerial dance experience

fri, 7.3, 6:30-8pm

chakra balancing + sound

sun, 7.12, 2-3:30pm

THE trust yourself workshop

sun, 7.19, 2-3:30pm

aerial breathwork with reiki + sound

sun, 7.19, 2:30-4pm

THE warrior series: building a strong foundation

fri, 7.24, 6:30-8pm

full moon past life regression

fri, 7.31, 6:30-8pm

THE inversion immersion

sat, 8.2, 2-3:30pm

rise + align

sun, 8.9, 2-3:30pm

meditate + paint

sun 8.9, 2-4pm

rest in resistance: flow, yin, sound

fri, 8.14, 6:30-8pm

THE intuitive gateway experience

sun, 8.23, 2-4pm

THE sound wave immersion

sun, 8.23, 5:30-7pm

inward stillness, outward bloom

fri, 8.28, 6:30-8pm

THE high priestess immersion

sat, 8.30, 2-5pm

beginner bungee fitness

fri, 12:45-2pm

sat, 2:30-3:45, 4:15-5:30pm

sun, 2-3:15pm

6.5, 6.12, 6.19, 6.20,

6.21, 6.26, 6.17, 6.18,

7.3, 7.5, 7.11, 7.12, 7.17, 7.18,

7.24, 7.25, 7.26, 7.31

8.1, 8.2, 8.7, 8.8, 8.14, 8.15,

8.21, 8.23, 8.28, 8.29

pop-up power parties

fri, 6:30-7:30pm

6.5: pilates power party

with Harry Styles

7.17: power yoga party

with Red Hot Chili Peppers

8.7: pop princess barre party