

September

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6pm Yoga Flow 7:30pm Mat Pilates Sculpt (heated)	2 10am Hot Yoga 6:30pm Chill & Flow	3 6:30pm Power Flow	4 6:30pm Friday Reset Flow	5 9am Hot Yoga
6 10am Heated Level II	7 CLOSED	8 6pm Yoga Flow 7:30pm Mat Pilates Sculpt (heated)	9 5am Heated Glutes/Core 10am Hot Yoga 6:30pm Chill & Flow	10 6:30pm Power Flow	11 7am Mat Pilates (heated) 6:30pm Friday Reset Flow	12 9am Hot Yoga
13 9am Pilates Mat Full Body Flow 2pm Chair Yoga 6pm Yoga Flow (student led)	14 5pm Beginner Slow Flow 6:30pm Power Flow (heated)	15 6pm Yoga Flow 7:30pm Mat Pilates Sculpt (heated)	16 5am Heated Glutes/Core 10am Hot Yoga	17 6:30pm Power Flow	18 6:30pm Sword Yoga	19 9am Hot Yoga
20 9am Pilates Mat Full Body Flow 4pm Restorative (90 Mins)	21 5pm Beginner Slow Flow 6:30pm Power Flow (heated)	22 6pm Yoga Flow 7:30pm Mat Pilates Sculpt (heated)	23 5am Heated Glutes/Core 10am Hot Yoga	24 6:30pm Power Flow	25 6:30pm Friday Reset Flow	26 9am Hot Yoga 6pm Full Moon Sound Bath (optional Reiki)
27 9am Pilates Mat Full Body Flow	28 5pm Beginner Slow Flow 6:30pm Power Flow (heated)	29 6pm Yoga Flow 7:30pm Mat Pilates Sculpt (heated)	30 5am Heated Glutes/Core 10am Hot Yoga 6:30pm Chill & Flow			