



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|---|
| <p>*SERIES*</p> <p>MAMA Strong 4/1 – 29</p> <p>(no class 4/22)</p> <p>*****</p> <p>REGISTER ON MINDBODY</p> | <p>*POP-UPS*</p> <p>LITTLE YOGI'S</p> <p>Wed, 4/1 (ages 3-5)</p> <p>Wed, 4/22 (ages 5-9)</p> | | <p>1</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>4:15-5pm LITTLE YOGI'S (3-5Y)</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX</p> | <p>2</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p> | <p>3</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30 – 6:15pm barreXPRESS</p> | <p>4</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am beFIT: Sculpt x HIIT</p> |
| <p>5 EASTER</p> | <p>6</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm pilatesREMIX</p> | <p>7</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p> | <p>8</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX x Chappell Roan</p> | <p>9</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p> | <p>10</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30 – 6:15pm barreXPRESS</p> | <p>11</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am beFIT: Sculpt x HIIT</p> |
| <p>12</p> <p>8:15 – 9am barreXPRESS</p> <p>9:15-10:15am Rise & Flow Yoga</p> | <p>13</p> <p>9:15-10:15am BURN x BREATHE</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm pilatesREMIX</p> | <p>14</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p> | <p>15</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX</p> | <p>16</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p> | <p>17</p> <p>9:15-10:15am cardioBARRE</p> <p>5:30 – 6:15pm barreXPRESS</p> | <p>18</p> <p>9:00-10:00am barreEFFECT</p> |
| <p>19</p> <p>8:15 – 9am barreXPRESS</p> <p>9:15-10:15am *TAURUS SEASON YOGA: Calm x Stable*</p> | <p>20</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm barreXPRESS</p> | <p>21</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p> | <p>22</p> <p>9:15-10:05am barreCORE</p> <p>11 – 11:45am LITTLE YOGI'S (5-9Y)</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX</p> | <p>23</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p> | <p>24</p> <p>9:15-10:15am cardioBARRE</p> | <p>25</p> <p>9:00-10:00am barreEFFECT</p> |
| <p>26</p> <p>8:15 – 9am barreXPRESS</p> <p>9:15-10:15am Rise & Flow Yoga</p> | <p>27</p> <p>9:15-10:15am barreEFFECT</p> <p>5:15-6:05pm barreCORE</p> <p>6:15-7pm pilatesREMIX</p> | <p>28</p> <p>9:15-10am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p> | <p>29</p> <p>9:15-10:10am barreCORE</p> <p>10:15-11:00am MAMA STRONG*</p> <p>5:30 – 6:20pm barreEFFECT</p> <p>6:30-7:15pm yogaREMIX</p> | <p>30</p> <p>9:15-10am barreXPRESS</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p> | | <p><i>Schedule subject to change</i></p> |

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