

embodied movement  
class + workshop schedule

s p r i n g

m o n d a y

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  
6:30 pm  
6:30 pm  
6:45 pm

hot pilates  
pilates with weights  
heated flow  
THE dance collective  
beginner flow  
beginner aerial flow  
aerial floating meditation  
pilates with weights  
heated power flow  
all level aerial flow  
slow flow  
yin yoga + reiki

sara  
ann-marie  
nikki  
ann-marie  
heather  
tracy  
tracy  
ann-marie  
gabby  
lily  
amanda  
elizabeth

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  
TRX sculpt  
heated flow lab  
intermediate aerial flow  
functional strength  
slow flow  
flow sculpt  
breathe + release  
heated power flow  
TRX sculpt  
core pilates  
slow flow  
sound meditation

kia  
julia  
kelly  
tracy  
kia  
jenn  
kelly/kia  
amy l  
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

TRX sculpt  
pearl flow  
classical pilates  
cardio + core  
all level aerial flow  
aqua flow + strength  
gentle flow  
yin yoga + reiki  
hot pilates  
TRX sculpt  
pearl flow  
aqua zumba  
HIIT yoga sculpt  
restorative yoga + reiki

laurie  
kia  
ann-marie  
lauren  
suzanne  
peggy  
savitha  
tracy  
sara  
gabby  
laurie  
leilani  
sara  
Melissa

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  
11:15 am  
11:15 am  
4:00 pm  
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 lab  
functional strength  
beginner flow  
somatic yoga + reiki  
restorative yoga  
bungee fitness  
heated flow  
pilates with weights  
breathe + release  
barre sculpt  
aqua strength + stretch  
lymphatic flow  
wind down + sound

anne marie  
andie  
andie  
kia  
gabby  
sraddhā  
tracy  
rotating  
amanda  
ann-marie  
heather  
suzanne h  
peggy  
laurie  
amanda

f r i d a y

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

ballet barre  
heated flow  
core pilates  
somatic movement  
THE dance collective  
slow flow  
lymphatic flow  
heated power flow

dana  
amanda  
sara  
ann-marie  
ann-marie  
anne marie  
heather  
ariel

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  
functional strength  
pearl flow  
TRX sculpt  
THE ritual practice  
sound meditation  
beginner aerial flow  
\$8 community flow  
all level aerial flow  
breathe + release

stella  
anne marie  
jasmine  
gabby  
amanda  
josh  
suzanne/lily  
rotating  
suzanne/lily  
amy w/amy l

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  
\$8 community flow  
yin yoga  
aerial floating meditation

sara  
andie  
amy l  
andie  
heather  
tracy  
rotating  
romy  
tracy

**THE reiki healing circle**  
sun, 3.2, 4.6, 5.4, 2:30-3:45pm  
**aerial floating acupuncture + sound**  
fri, 3.7, 4.4, 5.9, 6:30-8pm  
**cacao + sound journey**  
fri, 3.14, 4.4, 5.2, 6:30-8pm  
**sound waves**  
fri, 3.14, 4.11, 5.16, 6-7pm  
**THE new moon ceremony**  
sat, 3.29, 4.26, 5.24, 6-7:30pm  
**THE full moon ceremony**  
sat, 3.15, 4.12, 5.10, 6-7:30pm  
**aerial breathwork + reiki immersion**  
sun, 4.13, 5.18, 1:30-3pm  
**restorative aerial yoga + sound**  
fri, 3.14, 5.16, 6:30-8pm  
**floating acupuncture + yoga nidra**  
fri, 3.28, 4.25, 5.30, 6:30-8pm  
**\$30 community acupuncture**  
mon, 3.3, 4.7, 5.12, 11:15-12:15pm

**THE fundamentals of aerial flow**  
sun, 3.30, 5.25, 1:30-3pm  
**quantum healing+past-life regression**  
sun, 4.6, 5.4, 1:30-3pm  
**dance rehearsal**  
fri 3.7, 3.14, 3.21, 3.28, 12:15-1:15pm  
**SoulScape: a self-exploration series**  
sun, 3.16, 3.23, 3.30, 2:45-4pm  
**THE mindfulness experience**  
fri, 4.11, 4.18, 4.25, 5.2, 5-6:15pm  
**Ohashiatsu massage level 1 training**  
May 14-17, 10am-6pm  
**aerial flow lab**  
sun, 4.27, 1:30-3pm  
sat, 5.17, 2:45-4:15pm  
**aerial inversion workshop**  
sun, 3.2, 1:45-3:15 pm  
**quantum connection for couples**  
sun, 3.9, 1:30-4pm

**mindful reflection + meditation ceremony**  
sun, 3.9, 2-4pm  
**seeds of renewal: restorative yoga + reiki**  
sun, 3.16, 2-4pm  
**yin yoga + sound meditation immersion**  
fri, 3.21, 6:30-8pm  
**lunch + paint social**  
sat, 3.22, 12-3pm  
**activating change w/breath**  
sun, 3.23, 1:30-3pm  
**healing the inner child 1.0**  
sun, 4.6, 1-2:30pm  
**seasonal serenity: acu + yin**  
fri, 4.11, 6:15-8pm  
**sacred blue lotus + sound ceremony**  
fri, 4.25, 6:30-8pm  
**kundalini + breathwork + Reiki**  
sat, 4.26, 1:30-3:30pm

**THE wellness immersion**  
sun, 5.18, 1:30-3:30pm  
**intro to Ohashiatsu massage**  
sat, 4.26, 5-8pm  
**divine connections: engaging with your spirit team**  
sun, 4.27, 5.25, 1:30-2:45pm  
**healing the inner mother**  
sun, 5.4, 1-2:15pm  
**Mother's Day mother-daughter/son aerial yoga**  
sun, 5.11, 1:45-3:15pm  
**healing the inner child 2.0**  
sun, 5.18, 1:30-3:30pm  
**beginner bungee**  
3.1, 3.7, 3.9, 3.15, 3.21, 3.29  
4.4, 4.5, 4.11, 4.18  
5.3, 5.9, 5.23, 5.24, 5.31