

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

hot pilates
cardio box + core
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

sara
lauren
ann-marie
nikki
ann-marie
beth
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 fusion
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
heather
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
11:15 am
11:15 am
5:30 pm
5:30 pm
6:00 pm
6:45 pm
6:45 pm
6:45 pm

barre sculpt
pearl flow
classical pilates
cardio + core lite
all level aerial flow
gentle flow
yin yoga + reiki
hot pilates
cardio box + core
slow flow
aqua zumba
HIIT yoga sculpt
restorative yoga + reiki

cheryl
kia
ann-marie
lauren
suzanne
savitha
tracy
sara
lauren
karen
leilani
sara
tracy

drop in \$30

5 class pack \$110

10 class pack \$190

25 class pack \$395

monthly unlimited membership available

thursday

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

heated flow
barre sculpt
heated flow lab
functional strength
beginner flow
somatic yoga
heated flow
barre sculpt
breathe + release
pilates with weights
aqua strength + stretch
wind down + sound

anne marie
andie
nikki
kia
nikki
sraddhā
amanda
cheryl
heather
ann-marie
peggy
amanda

friday

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

saturday

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
cardio box + core
gentle flow
sound meditation
beginner aerial flow
\$8 community flow
all level aerial flow
breathe + release

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

sunday

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, 12.1, 1.5, 2.2, 2:30-3:45pm

aerial floating acupuncture + sound

fri, 12.13, 1.10, 2.7, 6:30-8pm

cacao + sound journey

fri, 12.13, 1.10, 2.7, 6:30-8pm

sound waves

fri, 1.10, 2.21, 3.14, 6-7pm

THE full moon ceremony

sat, 12.14, 1.11, 2.8, 6-7:30pm

aerial breathwork + reiki immersion

sun, 12.15, 1.5, 2.23, 1:30-3pm

restorative aerial yoga + sound

fri, 1.17, 2.21, 6:30-8pm

floating acupuncture + yoga nidra

fri, 12.20, 1.24, 2.28, 6:30-8pm

\$30 community acupuncture

mon, 12.9, 1.6, 2.3, 11:15-12:15pm

**quantum healing +
past-life regression**

sun, 12.15, 1.5, 2.2, 1:30-3pm

restorative yoga + reiki

sun, 12.15, 2-4pm

laughter yoga

sun, 12.22, 1:30-3pm

envision + manifest your year ahead

sun, 12.29, 1:30-3:30pm

vision boards + acupuncture

sat, 1.11, 1-4pm

release, reset, + manifest

sun, 1.12, 1-3:30pm

master class weekend

1.17-1.19

yoga for spine + lower back

sun, 1.19, 1-4pm

THE joy of manifesting

sun, 1.19, 1:30-3:30pm

THE heART of healing

sun, 1.26, 2-4pm

seasonal serenity: acu + yin

fri, 1.31, 6:15-8pm

**THE great release: myofascial
workshop**

sat, 2.1, 3-4:30pm

THE wellness immersion

sun, 2.2, 1:30-3:30pm

sensory sleep workshop

sun, 2.2, 1:30-3:30pm

love your cycle

sun, 2.9, 1-3pm

calm in the chaos

sun, 2.16, 1:30-3pm

valentine's day

laughter yoga + cacao

sun, 2.16, 1:30-3:30pm

THE stargazer immersion

sat, 2.22, 2-4pm

pelvic floor 101

sun, 2.23, 1-3pm

beginner bungee

fri, 12.13, 12.20, 12.27, 1.3,

1.7, 2.7, 2.21, 12:30pm

sat, 12.21, 1.25, 2.1, 2.22, 1:15pm

sun, 12.22, 12.29, 1.26, 2.9, 1:30pm