|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1  9:15-10:30am  Rise & Flow Yoga | 2  5:00-6:00pm  Slow Flow Yoga\*  6:15-7:10pm  pilatesEFFECT  7:15-8pm  barreXPRESS | 3  6:30–7:45pm  Candlelight Yoga | 4  9:30am–10:30am  barreEFFECT  6:00–7:00pm  barreEFFECT  7:15-8pm  **BUTI YOGA** | 5  5:30–6:20pm  barreEFFECT    6:30–7:30pm  Xen Strength Yoga | 6  9:30–10:30am  cardioBARRE  6-6:45PM  **BOSS CHICK DANCE WORKOUT** | 7  9:00-10:00am  barreEFFECT |
|  |  |  |  |  |  |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 8:00–9:00am  barreEFFECT  9:15-10:30am  Rise & Flow Yoga | 5:00-6:00pm  Slow Flow Yoga\*  6:15-7:10pm  pilatesEFFECT  7:15-8pm  barreXPRESS | 6:30–7:45pm  Candlelight Yoga | 9:30am–10:30am  barreEFFECT  6:00–7:00pm  barreEFFECT  7:15-8pm  BUTI Yoga/Sculpt\* | 5:30–6:20pm  barreEFFECT  6:30-7:15pm  beSCULPT | 9:30–10:30am  cardioBARRE  6-6:45PM  Boss Chick Dance Workout\* | 9:00-10:00am  barreEFFECT |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 8:00–9:00am  barreEFFECT  9:15-10:30am  Rise & Flow Yoga | 5:00-6:00pm  Slow Flow Yoga\*  6:15-7:10pm  pilatesEFFECT  7:15-8pm  barreXPRESS | 6:30–7:45pm  Candlelight Yoga | 9:30am–10:30am  barreEFFECT  6:00–7:00pm  barreEFFECT  7:15-8pm  BUTI Yoga/Sculpt\* | 5:30–6:20pm  barreEFFECT    6:30–7:30pm  Xen Strength Yoga | 9:30–10:30am  cardioBARRE  6-6:45PM  Boss Chick Dance Workout\* | 9:00-10:00am  barreEFFECT |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 8:00–9:00am  barreEFFECT  9:15-10:30am  Rise & Flow Yoga | 5:00-6:00pm  Slow Flow Yoga\*  6:15-7:10pm  pilatesEFFECT  7:15-8pm  barreXPRESS | 6:30–7:45pm  Candlelight Yoga | 9:30am–10:30am  barreEFFECT  6:00–7:00pm  barreEFFECT  7:15-8pm  BUTI Yoga/Sculpt\* | 5:30–6:20pm  barreEFFECT    6:30–7:30pm  Xen Strength Yoga | 9:30–10:30am  cardioBARRE  6-6:45PM  Boss Chick Dance Workout\* | 9:00-10:00am  barreEFFECT |
| 29 | 30 | 31 | 2/1 | 2/2 | 2/3 | 2/4 |
| 8:00–9:00am  barreEFFECT  9:15-10:30am  Rise & Flow Yoga | 5:00-6:00pm  Slow Flow Yoga\*  6:15-7:10pm  pilatesEFFECT  7:15-8pm  barreXPRESS | 6:30–7:45pm  Candlelight Yoga | 9:30am–10:30am  barreEFFECT  6:00–7:00pm  barreEFFECT  7:15-8pm  BUTI Yoga/Sculpt\* | 5:30–6:20pm  barreEFFECT    6:30–7:30pm  Xen Strength Yoga | 9:30–10:30am  cardioBARRE  6-6:45PM  Boss Chick Dance Workout\* | 9:00-10:00am  barreEFFECT |

***6-WEEK SERIES:*** *MON 5-6PM . SLOW FLOW YOGA // WED 7:15-8PM . BUTI YOGA/SCULPT // FRI 6-6:45PM . BOSS CHICK HIP HOP WORKOUT*