

FALL LINEUP - STRETCH • SWEAT • REST

Monday



6:15 AM

RISE45 on Zoom
Mindful Mondays
with alli

10:00 AM

SWEAT - Crew CRUSH
(in studio & on Zoom)

7:00 PM

STRETCH -
Foundations Flow
(in studio & on Zoom)

Tuesday



6:15 AM

RISE45 on Zoom
Yin with Eliza

10:00 AM

STRETCH - Yin

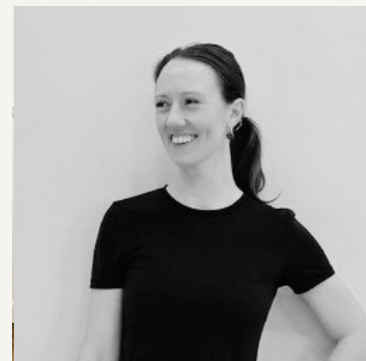
5:45 PM

SWEAT - Crew CRUSH
(in studio & on Zoom)

7:00 PM

STRETCH - Flow I

Wednesday



6:15 AM

RISE45 on Zoom
Flow + Form with Renée

10:00 AM

SWEAT - Crew CRUSH

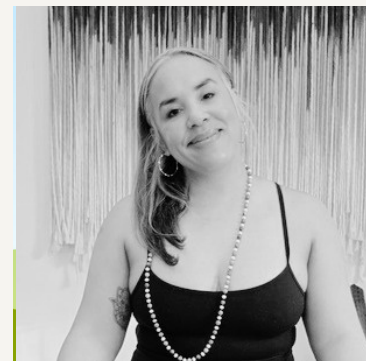
5:30 PM

STRETCH - Yin

7:00 PM

STRETCH - Flow II,
75 minutes

Thursday



6:15 AM

RISE45 on Zoom
Happy Hips with
Melissa

10:00 AM

SWEAT - Pilates

5:30 PM

SWEAT - Pilates

7:00 PM

REST - All the FEELS

Friday



6:15 AM

RISE45 on Zoom
Friday Exhale with
Renée

12:00 PM

STRETCH - Flow I

6:30 PM

REST - Slow to Chill
with Ursula every
other Friday evening

Saturday



9:45 AM

STRETCH - Flow II,
75 minutes

Sunday



9:00 AM

STRETCH - Flow I

10:30 AM

SWEAT - Pilates
(in studio & on Zoom)

Fall Schedule Starts Tuesday, September 8, 2026