



Monday
Dec 22 & Dec 29



6:15 AM
RISE45 on Zoom

10:00 AM
SWEAT - Crew CRUSH
(in studio & on Zoom)

7:00 PM
STRETCH -
Foundations Flow
(in studio & on Zoom)

Tuesday
Dec 23 & Dec 30



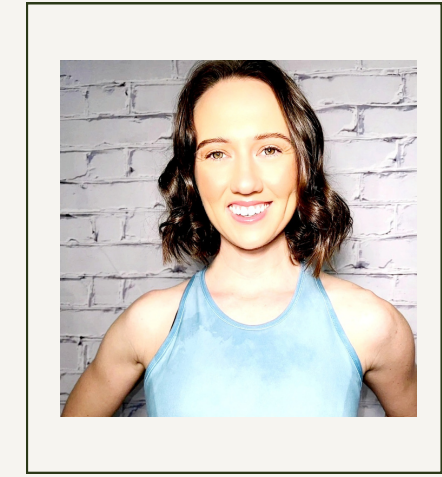
6:15 AM
RISE45 on Zoom

9:30 AM
STRETCH - Yin

6:00 PM
STRETCH - Flow I

7:30 PM
SWEAT - Crew CRUSH
(in studio & on Zoom)

Wednesday
Dec 24 & Dec 31



10:00 AM
SWEAT - Crew CRUSH
(in studio & on Zoom)

Thursday
Dec 25 & Jan 1



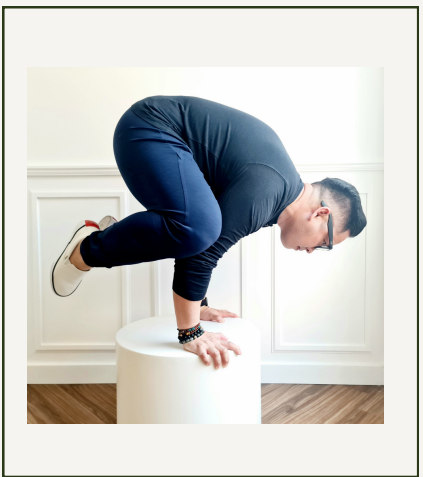
Happy
holidays

Friday
Dec 26 & Jan 2



9:30 AM
STRETCH - Flow I
(in studio & on Zoom)

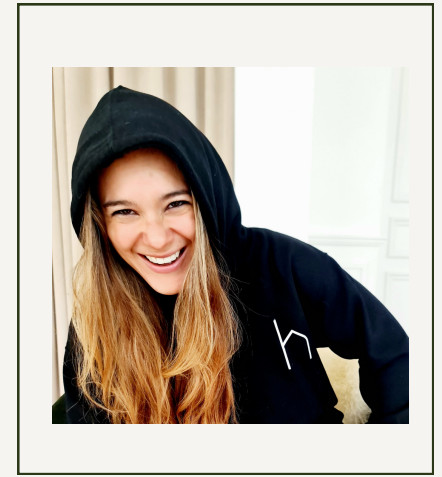
Saturday
Dec 27 & Jan 3



9:45 AM
STRETCH - Flow II

11:30 AM
SWEAT - Pilates
SCULPT

Sunday
Dec 28 & Jan 4



9:00 AM
STRETCH - Flow I

10:30 AM
SWEAT - Pilates
(in studio & on Zoom)

HOLIDAY LINEUP - STRETCH • SWEAT • REST

Mon, Dec 22 - Sun, Jan 4, 2026