

CURRENT LINEUP - STRETCH • SWEAT • REST

Monday



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



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



6:15 AM

RISE45 on Zoom

10:00 AM

SWEAT - Crew CRUSH

7:00 PM

STRETCH - Flow II

Thursday



6:15 AM

RISE45 on Zoom

9:30 AM

SWEAT - Pilates

5:30 PM

SWEAT - Pilates

6:45 PM

REST - All the FEELS

Friday



6:15 AM

RISE45 on Zoom

9:30 AM

STRETCH - Flow I

6:30 PM

REST - Slow to Chill
with Ursula every
other Friday evening

Saturday



8:30 AM

SWEAT - Crew CRUSH

9:45 AM

STRETCH - Flow II

11:30 AM

SWEAT - Pilates
SCULPT

Sunday



9:00 AM

STRETCH - Flow I

10:30 AM

SWEAT - Pilates
(in studio & on Zoom)

Nov 19 - Dec 22, 2025