

February 2026



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Monday

Tuesday

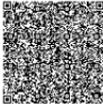
Wednesday

Thursday

Friday

Saturday

Sunday

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2 	3 <u>11:30am</u> <u>Functional Flow</u>	4 <u>10am:</u> <u>SPOTLIGHT TRX CLASS</u> <u>11:30am</u> <u>Chair Yoga</u> <u>5:30pm</u> <u>Restorative Yoga</u>	5 <u>11:30am</u> <u>Functional Flow</u> <u>6:30pm</u> <u>Gentle Flow Yoga</u>	6 <u>1:30pm</u> <u>Stretch & Stability.</u> <u>7pm</u> <u>Valentines Special</u> <u>Partner Yoga.</u>	7 <u>9am</u> <u>Tone Zone</u> <u>10:30am</u> <u>Dynamic</u> <u>Pilates Fusion</u>	8 <u>11:30am</u> <u>Pilates-Hatha Flow</u>
9 <u>6:30pm</u> <u>TRX</u>	10 <u>11:30am</u> <u>Functional Flow</u>	11 <u>11:30am</u> <u>Balance & Flow Yoga</u> <u>5:30pm</u> <u>Yin Yoga</u> <u>7:00 pm</u> <u>Kripalu Yoga</u>	12 <u>11:30am</u> <u>Functional Flow</u> <u>6:30pm</u> <u>Pilates-Hatha Flow</u>	13 <u>1:30pm</u> <u>Stretch & Stability.</u> <u>6:30pm</u> <u>Valentines Special</u> <u>Love in Motion.</u>	14 <u>9am</u> <u>Tone Zone</u> <u>5pm</u> <u>Valentines Special</u> <u>Galentine's Groove</u>	15 
16 <u>6:30pm</u> <u>Functional Flow</u>	17 <u>11:30am</u> <u>Functional Flow</u>	18 <u>11:30am</u> <u>Chair Yoga</u> <u>5:30pm</u> <u>Restorative Yoga</u>	19 <u>11:30am</u> <u>Functional Flow</u> <u>6:30pm</u> <u>Gentle Flow Yoga</u>	20 <u>1:30pm</u> <u>Stretch & Stability.</u> <u>6:30pm</u> <u>Sound Bowl</u> <u>Immersion</u>	21 <u>9am</u> <u>Tone Zone</u> <u>10:30am</u> <u>Dynamic</u> <u>Pilates Fusion</u>	22 <u>11:30am</u> <u>Pilates-Hatha Flow</u> 
23 <u>6:30pm</u> <u>TRX</u>	24 <u>10am</u> <u>SPOTLIGHT CLASS:</u> <u>Barre</u> <u>11:30 am</u> <u>Functional Flow</u>	25 <u>11:30am</u> <u>Balance & Flow Yoga</u> <u>5:30pm</u> <u>Yin Yoga</u> <u>7:00 pm</u> <u>Kripalu Yoga</u>	26 <u>11:30 am</u> <u>Functional Flow</u> <u>6:30pm</u> <u>Pilates-Hatha Flow</u>	27 <u>1:30pm</u> <u>Stretch & Stability.</u>	28 <u>9am</u> <u>Tone Zone</u>	