

September 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 RESTORATIVE 5:30PM	2 FLOW 9AM	3 CHAT 10AM	4 INNER 26 ● 9AM 90MIN	5 FLOW ● 9AM
7 FLOW 9AM ● SCULPT 5:30PM	8 RESTORATIVE 5:30PM	9	10 CHAT 10AM	11 INNER 26 ● 9AM 90MIN	12 FLOW ● 9AM
14 FLOW 9AM FREE FLOW 4:30PM	15 RESTORATIVE 5:30PM	16	17 CHAT 10AM FREE FLOW 4:30PM	18	19 FLOW ● 9AM
21 FLOW 9AM FREE FLOW 4:30PM	22 RESTORATIVE 5:30PM	23	24 CHAT 10AM FREE FLOW 4:30PM	25	26 FLOW ● 9AM
28 FLOW 9AM FREE FLOW 4:30PM	29	30 FLOW 9AM		- KEY - ● = HEATED BLANK SPOT = NO CLASS	

Register online for updated schedule& cancellation notifications. Late cancel \$15 fee