

# APRIL • 2026

MON	TUE	WED	THU	FRI	SAT
7:30a Warrior II (YR) 9:45a Warrior Sculpt (YR) 11:00a Warrior III (YR) 5:45p Warrior Sculpt (YR) 7:00p Warrior I (YR)	9:45a Warrior I (K) 11:15a Family Yoga (YR) 5:45p Warrior III (YR) 7:00p Gentle Warrior (YR)	6:00a Warrior III (YR) 9:45a Warrior II (YR) 11:00a Warrior III (YR) 5:45p Warrior Sculpt (YR) 7:00p Warrior II (YR)	7:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:15a Family Yoga (YR) 5:45p Gentle Warrior (M) 7:00p Buti Yoga (N)	8:30a Warrior I (YR) 9:45a Warrior II (YR) 11:00a Warrior III (YR) 4:30p Warrior I (YR) <i>Special \$10 drop-in</i>	8:30a Warrior Sculpt (YR) 9:45a Warrior I (YR) 11:00a Warrior III (YR)
9:45a Warrior Sculpt (YR) 11:00a Warrior III (YR) 5:45p Total Body Str. (Am) 7:00p Warrior I (YR)	7:00a Bootcamp (Iris) 11:30a Warrior II (YR) 5:45p Warrior III (YR) 7:00p Gentle Warrior (YR)	6:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Warrior III (YR) 5:45p Warrior Sculpt (YR) 7:00p Warrior II (YR)	7:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Warrior I (YR) 5:45p Gentle Warrior (M) 7:00p Buti Yoga (N)	8:30a Sculpt - Pilates (A) 9:45a Warrior II (K) 11:00a Warrior III (YR)	8:30a Warrior Sculpt (YR) 9:45a Warrior I (YR) 11:00a Warrior III (YR)
9:45a Warrior Sculpt (YR) 11:00a Warrior III (YR) 5:45p Total Body Str. (Am) 7:00p Warrior I (YR)	7:00a Bootcamp (Iris) 9:45a Warrior I (K) 11:00a Warrior II (K) 5:45p Warrior III (YR) 7:00p Gentle Warrior (YR)	6:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Warrior III (YR) 5:45p Warrior Sculpt (YR) 7:00p Warrior II (YR)	7:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Warrior I (YR) 5:45p Gentle Warrior (M) 7:00p Buti Yoga (N)	8:30a Sculpt - Pilates (A) 9:45a Warrior II (K) 11:00a Warrior III (YR) 4:30p Warrior I (YR) <i>Special \$10 drop-in</i> 6:30p 80's-Theme Yoga	8:30a Warrior Sculpt (YR) 9:45a Warrior I (YR) 11:00a Warrior III (YR)
9:45a Warrior Sculpt (YR) 11:00a Warrior III (YR) 5:45p Total Body Str. (Am) 7:00p Buti Yoga (N)	7:00a Bootcamp (Iris) 9:45a Warrior I (K) 11:00a Warrior II (K) 5:45p Warrior III (YR) 7:00p Gentle Warrior (YR)	6:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Warrior III (YR) 5:45p Warrior Sculpt (YR) 7:00p Warrior II (YR)	7:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Warrior I (YR) 5:45p Gentle Warrior (M) 7:00p Buti Yoga (N)	8:30a Sculpt - Pilates (A) 9:45a Warrior II (K) 11:00a Warrior III (YR)	8:30a Warrior Sculpt (YR) 9:45a Warrior I (YR) 11:00a Warrior III (YR)
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## who is leading each class?

(YR) = Yvonne Renee  
(K) = Kristen  
(N) = Nikki  
(M) = Melissa  
(Am) = Amelia  
(Iris) = Iris  
(A) = Anne



scan to visit our  
scheduling page



## class offerings

### Gentle Warrior

Gentle yoga, deep stretches,  
beginner-friendly

### Warrior Sculpt - Pilates

Cardio, weights, and Pilates fusion

### Warrior Sculpt - Yoga

Cardio, weights, and yoga fusion

### Warrior I Foundations

Foundational movements,  
beginner-friendly

### Warrior II

Creating flows from foundational move-  
ments, building strength

### Warrior III

Power yoga, intensely physical, Vinyasa  
style, building to advanced movements

### Buti Yoga

Dynamic yoga, combining traditional  
yoga asanas, and vigorous movement

### Bootcamp

Constantly-varied weight-training cir-  
cuits that build strength

### Total Body Strength

Full-body strength circuits combining  
functional movements to build muscle,  
balance, and endurance.