

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	01 6am Warrior III Power with Amelia 830am Warrior Sculpt - Cardio, Wts & Yoga Fusion with Yvonne Renee 945am Warrior II Strength & Flow with Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion with Yvonne Renee 7pm Warrior I Foundations with Yvonne Renee	02 7am Warrior II Flow & Strength with Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 1100am Gentle Warrior-Stretch & Relax with YvonneRenee 545pm Restorative with Melissa 7pm BUTi Yoga Heated with Nikki	03 6am Warrior III Power with Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion with Ann 945am Warrior II Flow & Strength with Kristen 1100am Warrior III Power with Yvonne Renee	04 CLOSED FOR 4TH HOLIDAY	05
06 6am Warrior III Power with Yvonne Renee 715am Flexibility, Mobility, Balance & Strenth - Deep Stretches with Yvonne Renee 830am Warrior Sculpt/Pilates Fusion with Yvonne Renee 945am Warrior II Flow & Strength with Yvonne Renee 545pm Warrior Sculpt with Yvonne Renee 7pm Warrior II Strength & Flow with Nikki	07 7am Bootcamp with Iris 945am Warrior I Foundations with Kristen 1100am Warrior II Strength & Flow with Ayanna 6pm Warrior III Power Yoga with Yvonne Renee 715pm Flexibility, Mobility, Balance & Strength - Deep stretches with Yvonne Renee	08 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 0945am Warrior II Flow & Strength with Yvonne Renee 1100am Warrior III - Power with Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion with Yvonne Renee 7pm Warrior I Foundations with Yvonne Renee	09 7am Warrior III Power with Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 1100am Gentle Warrior - Foundations with deep stretches, balance and mobility. 545pm Restorative with Melissa 7pm BUTi Yoga Heated with Nikki	10 6am Warrior III Power with Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion with Ann 945am Warrior II Flow & Strength with Kristen 1100am Warrior III Power with Yvonne Renee 630pm Warrior Class & Story - The Galena Commons (outside)	11 7am Warrior III Power with Yvonne Renee 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 10:00am Special Event-Family Yoga at the Sunbury Family Market on The Sunbury Square - all are welcome; basic foundational yoga practice.	12 1pm Special Event - Prenatal Yoga with Chelsea
13 6am Warrior III Power with Yvonne Renee 715am Flexibility, Mobility, Balance & Strenth -Deep Stretches with Yvonne Renee 830am Warrior Sculpt/Pilates Fusion with Yvonne Renee 945am Warrior II Flow & Strength with Yvonne Renee 545pm Total Strength & Sculpt with Amelia 7pm BUTi with Nikki	14 7am Bootcamp with Iris 945am Warrior I Foundations with Kristen 1100am Warrior II Strength & Flow with Ayanna 6pm Warrior III Power with Yvonne Renee 715pm Flexibility, Mobility, Balance & Strength - Deep stretches with Yvonne Renee	15 6am Warrior III Power with Amelia 0830am Total Strength & Sculpt with Amelia 0945am Warrior II Flow & Strength with Yvonne Renee 1100am Warrior III - Power with Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion with Yvonne Renee 7pm Warrior I Foundations- Yvonne Renee	16 7am Warrior III Power with Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 1100am Gentle Warrior - Foundations with deep stretches, balance and mobility. 545pm Restorative with Melissa 7pm BUTi Yoga Heated with Nikki	17 6am Warrior III Power with Yvonne Renee 830am Warrior Sculpt & Strength with Amelia 945am Warrior II Flow & Strength with Kristen 1100am Warrior III Power with Yvonne Renee	18 7am Warrior III Power with Yvonne Renee 8:30am Bootcamp with Iris 9:45am Warrior I Foundations with Yvonne 1100am Warrior III - Power with Yvonne Renee	19
20 6am Warrior III Power with Yvonne Renee 715am Flexibility, Mobility, Balance & Strenth - Deep Stretches with Yvonne Renee 830am Warrior Sculpt/Pilates Fusion with Yvonne Renee 945am Warrior II Flow & Strength with Yvonne Renee 545pm Total Strength & Sculpt with Amelia 7pm Warrior II Vinyasa Flow with Nikki	21 7am Bootcamp with Iris 945am Warrior I Foundations with Kristen 1100am Warrior II Strength & Flow with Ayanna 6pm Warrior III Power with Yvonne Renee 715pm Flexibility, Mobility, Balance & Strength - Deep stretches with Yvonne Renee	22 6am Warrior III Power with Amelia 830am Total Strength & Sculpt with Amelia 945am Warrior II Flow & Strength with Yvonne Renee 1100am Warrior III - Power with Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion with Yvonne Renee 7pm Warrior I Foundations with Yvonne Renee	23 7am Warrior III Power with Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 1100am Gentle Warrior - Foundations with deep stretches, balance and mobility. 545pm Restorative with Melissa 7pm BUTi Yoga Heated with Nikki	24 6am Warrior III Power with Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion with Ann 945am Warrior II Flow & Strength with Kristen 1100 Warrior III Power with Yvonne Renee	25 7am Warrior III Power with Yvonne Renee 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 0945am Warrior I Foundations with Yvonne 1100am Warrior III - Power with Yvonne Renee	26 1pm Special Event - Prenatal Yoga with Chelsea
27 6am Warrior III Power with Yvonne Renee 715am Flexibility, Mobility, Balance & Strenth -Deep Stretches with Yvonne Renee 830am Warrior Sculpt/Pilates Fusion with Yvonne Renee 945am Warrior II Flow & Strength with Yvonne Renee 545pm Total Strength & Sculpt with Amelia 7pm BUTi with Nikki	28 7am Bootcamp with Iris 945am Warrior I Foundations with Kristen 1100am Warrior II Flow & Strength with Ayanna 6pm Warrior III Power with Yvonne Renee 715pm Flexibility, Mobility, Balance & Strength - Deep stretches with Yvonne Renee	29 6am Warrior III Power with Amelia 830am Total Strength & Sculpt with Amelia 945am Warrior II Flow & Strength with Yvonne Renee 1100am Warrior III - Power with Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion with Yvonne Renee 7pm Warrior I Foundations with Yvonne Renee	30 7am Warrior III Power with Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 1100am Gentle Warrior - Foundations with deep stretches, balance and mobility. 545pm Restorative with Melissa 7pm BUTi Yoga Heated with Nikki	31 6am Warrior III Power with Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion with Ann 945am Warrior II Flow & Strength with Kristen 11am Warrior III Power with Yvonne Renee	01 7am Warrior III Power with Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 945am Warrior I Foundations with Yvonne 11am Warrior III - Power with Yvonne Renee	02
03 830am Warrior Sculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 945am Warrior III - Power with Yvonne Renee 11am Warrior II Flow & Strength with Kenzie 545pm Warrior Sculpt - Cardio, Weights & Yoga Fusion with Yvonne Renee 7pm Warrior I Foundations with Yvonne Renee	04	05	06	07	08	09