

2026

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	
600am Free Class/Sept 2 week special- Warrior II Vinyasa Flow - Yvonne Renee 830am Warrior Sculpt/Pilates Fusion- Yvonne Renee 9:45am Gentle Warrior/Deep Stretch with Yvonne Renee 545pm Total Body Strength & Sculpt- Amelia 700pm Somatic Vinyasa Flow-Nikki	700am Bootcamp-Iris 945am Warrior I Foundations- Kristen 1100am Warrior II Vinyasa Flow- Taylor 4:30pm Free Class/Sept 2 week special -Warrior Sculpt -Cardio, Weights/Pilates - Ann 545pm Cardio Dance with Taylor 700pm Gentle Warrior/Deep Stretch & Release-Yvonne Renee	600am Free Class/Sept 2 week special - Warrior III Power Warm Room- Amelia 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Amelia 0945am Warrior II Vinyasa Flow & Strength - Ayanna 1100am Warrior III - Power- Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion- Yvonne Renee 700pm Warrior II Vinyasa Flow & Strength - Yvonne Renee	700am Warrior II Flow&Strength- Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 1100am Warrior I Foundations- Yvonne Renee 415pm Free Class/Sept 2 week special - Gentle Warrior/Deep Stretch & Release - Yvonne Renee 545pm Warrior Strength & Conditioning - Taylor 700pm BUTi Yoga HOT-Nikki	600am Free Class/Sept 2 week special - Warrior III Power Warm Room-Taylor 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion-Ann 945am Warrior II Flow & Strength- Kristen 1100 Warrior III Power- Yvonne Renee	700am Warrior III Power Warm Room-Yvonne Renee 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 0945am Warrior I Foundations- Yvonne Renee 1100am Warrior III Power- Yvonne Renee	
07	08	09	10	11	12	13
600am Free Class/Sept 2 week special- Warrior II Vinyasa Flow - Yvonne Renee 830am Warrior Sculpt/Pilates Fusion- Yvonne Renee 9:45am Gentle Warrior/Deep Stretch & Release - Yvonne Renee 11:00am Warrior III Power Vinyasa Flow - Yvonne Renee 545pm Total Body Strength & Sculpt- Amelia 700pm BUTi Yoga-Nikki	700am Bootcamp-Iris 945am Warrior I Foundations- Kristen 1100am Warrior II Vinyasa Flow - Taylor 4:30pm Free Class/Sept 2 week special -Warrior Sculpt -Cardio, Weights/Pilates - Ann 545pm Cardio Dance - Taylor 700pm Gentle Warrior/Deep Stretch & Release-Yvonne Renee	600am Free Class/Sept 2 week special - Warrior III Power Warm Room- Amelia 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Amelia 0945am Warrior II Flow & Strength- Ayanna 1100am Warrior III - Power- Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Yoga Fusion- Yvonne Renee 700pm Warrior II Flow & Strength - Yvonne Renee	700am Warrior II Flow&Strength- Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 1100am Warrior I Foundations- Yvonne Renee 415pm Free Class/Sept 2 week special - Gentle Warrior/Deep Stretch & Release- Yvonne Renee 545pm Warrior Strength & Conditioning -Taylor 700pm BUTi Yoga HOT-Nikki	600am Free Class/Sept 2 week special - Warrior III Power Warm Room-Taylor 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion-Ann 945am Warrior II Flow & Strength- Kristen 1100 Warrior III Power- Yvonne Renee	700am cancelled for today - see below 0830am Warrior Sculpt-Cardio, Weights & Yoga Fusion - Amelia 0945am Warrior I Foundations- Yvonne Renee 1100am Warrior III Power- Yvonne Renee ****Health & Wellness Fair on Sunbury Square - Yvonne Renee teaching a Warrior I Foundations Flow at 8am and we will have a booth until 1pm.	
14	15	16	17	18	19	20
600am Warrior III Power Warm Room- Yvonne Renee 830am Warrior Sculpt/Pilates Fusion- Yvonne Renee 9:45am Gentle Warrior/Deep Stretch & Release -YvonneRenee 545pm Total Body Strength & Sculpt- Amelia 700pm Somatic Vinyasa Flow - Nikki	700am Bootcamp-Iris 945am Warrior I Foundations- Kristen 1100am Warrior II Flow & Strength- Taylor 4:30pm Warrior Sculpt - Cardio, Weights/Pilates Fusion- Ann 600pm Cardio Dance - Taylor 700pm Gentle Warrior/Deep Stretch & Release-Yvonne Renee	600am Warrior III Power- Amelia 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Amelia 0945am Warrior II Flow & Strength- Ayanna 1100am Warrior III - Power- Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion-Yvonne Renee 700pm Warrior II Flow & Strength- Yvonne Renee	700am Warrior II Flow&Strength- Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 1100am Warrior I Foundations- Yvonne Renee 415pm Gentle/Restorative Yoga Stretch- Yvonne Renee 545pm Warrior Strength & Conditioning - Taylor 700pm BUTi Yoga HOT-Nikki	600am Warrior III Power Warm Room - Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion-Ann 945am Warrior II Flow & Strength- Kristen 1100 Warrior III Power -Yvonne Renee	700am Warrior III Power Warm Room-Yvonne Renee 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 0945am Warrior I Foundations- Yvonne Renee 1100am Warrior III Power- Yvonne Renee	
21	22	23	24	25	26	27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
600am Warrior III Power Warm Room- Yvonne Renee 830am Warrior Sculpt/Pilates Fusion- Yvonne Renee 945am Gentle Warrior/Deep Stretch & Release - YvonneRenee 11:00am Warrior III Power Vinyasa Flow - Yvonne Renee 545pm Total Body Strength & Sculpt- Amelia 700pm BUTI-Nikki	700am Bootcamp-Iris 945am Warrior I Foundations- Kristen 1115am Warrior II Flow&Strength- Yvonne Renee 430pm Warrior Sculpt - Cardio, Weights/Pilates Fusion - Ann 600pm***Special Event Class - Hip/Hop Vinyasa Yoga - YR 700pm Gentle Warrior/Deep Stretch & Release-Yvonne Renee	600am Warrior III Power- Amelia 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Amelia 0945am Warrior II Flow & Strength- Amelia 1100am Warrior III - Power- Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion-Yvonne Renee 700pm Warrior II Flow & Strength- Yvonne Renee	700am Warrior II Flow&Strength- Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 1100am Warrior I Foundations- Yvonne Renee 415pm Gentle/Restorative Yoga Stretch - Yvonne Renee 700pm BUTi Yoga HOT-Nikki	600am Warrior III Power Warm- Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion-Ann 945am Warrior II Flow & Strength- Kristen 1100 Warrior III Power -Yvonne Renee	700am Warrior III Power Warm Room-Yvonne Renee 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 0945am Warrior I Foundations- Yvonne Renee 1100am Warrior III Power- Yvonne Renee 800pm - Special Event - Full Moon Salutations on Galena Boardwalk	
28	29	30				
600am Warrior III Power Warm Room- Yvonne Renee 830am Warrior Sculpt/Pilates Fusion- Yvonne Renee 945am Gentle Warrior/Deep Stretch & Release - YvonneRenee 1100am Warrior III Power - Yvonne Renee 545pm Total Body Strength & Sculpt- Amelia 700pm Somatic Vinyasa Flow-Nikki	700am Bootcamp-Iris 945am Warrior I Foundations- Kristen 1115am Warrior II Flow&Strength- Yvonne Renee 430pm Warrior Sculpt - Cardio/Weights/Pilates Fusion - Anna 600pm Special Event Class - Disco Vinyasa Yoga - YR 700pm Gentle Warrior/Deep Stretch & Release-Yvonne Renee	600am Warrior III Power- Amelia 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Amelia 0945am Warrior II Flow & Strength- Yvonne Renee 1100am Warrior III Power- Yvonne Renee 545pm Warrior Sculpt - Cardio, Weights & Pilates Fusion-Yvonne Renee 700pm Warrior II Flow & Strength Yvonne Renee	700am Warrior II Flow&Strength- Yvonne Renee 945am WarriorSculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 1100am Warrior I Foundations- Yvonne Renee 415pm Gentle/Restorative Stretch - Yvonne Renee 700pm BUTi Yoga HOT-Nikki	600am Warrior III Power Warm- Yvonne Renee 830am Warrior Sculpt - Cardio, Weights & Pilates Fusion-Ann 945am Warrior II Flow & Strength- Kristen 1100 Warrior III Power -Yvonne Renee	700am Warrior III Power Warm Room-Yvonne Renee 0830am Warrior Sculpt - Cardio, Weights & Yoga Fusion-Yvonne Renee 0945am Warrior I Foundations- Yvonne Renee 1100am Warrior III Power- Yvonne Renee	