

JUNE • 2026



MON	TUE	WED	THU	FRI	SAT	SUN
6:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (YR) 9:45a Warrior II (YR) 11:00a Warrior III (YR) 5:45p Tot. Body Str. (Am) 7:00p Warrior III HOT (Am)	7:00a Bootcamp (Iris) 9:45a Warrior Found'ns (K) 11:00a Tot. Body Str. (Am) 5:45p Warrior III HOT (YR) 7:00p Gentle Warrior (YR)	6:00a Warrior III HOT (Am) 8:30a Warrior Sculpt (YR) 9:45a Warrior II (YR) 11:00a Warrior III (YR) 4:00p Kids & Fam Yoga @ Park 5:45p Warrior Sculpt (YR) 7:00p Warrior I HOT (YR)	7:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Gentle Warrior (YR) 5:45p Gentle Warrior (M) 7:00p Buti Yoga HOT (N)	6:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (A) 9:45a Warrior II (K) 11:00a Warrior III (YR)	7:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (YR) 9:45a Warrior I (YR) 11:00a Warrior III (YR)	1:00p SPECIAL Prenatal Yoga (Chelsea)
6:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (YR) 9:45a Kids & Fam Yoga @ Studio 11:00a Warrior III (YR) 5:45p Tot. Body Str. (Am) 7:00p Warrior III HOT (Am)	7:00a Bootcamp (Iris) 9:45a Warrior Found'ns (K) 11:00a Tot. Body Str. (Am) 5:45p Warrior III HOT (YR) 7:00p Gentle Warrior (YR)	6:00a Warrior III HOT (Am) 8:30a Warrior Sculpt (YR) 9:45a Warrior II (YR) 11:00a Warrior III (YR) 5:45p Warrior Sculpt (YR) 7:00p Warrior I HOT (YR)	7:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Gentle Warrior (YR) 5:45p Gentle Warrior (M) 7:00p Buti Yoga HOT (N)	6:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (A) 9:45a Warrior II (K) 11:00a Warrior III (YR)	7:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (YR) 9:45a Warrior I (YR) 11:00a Warrior III (YR)	
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6:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (YR) 9:45a Kids & Fam Yoga @ Studio 11:00a Warrior III (YR) 5:45p Tot. Body Str. (Am) 8:00p SPECIAL Yoga Full Moon Salutations @ Galena Boardwalk	7:00a Bootcamp (Iris) 9:45a Warrior Found'ns (K) 11:00a Tot. Body Str. (Am) 5:45p Warrior III HOT (YR) 7:00p Gentle Warrior (YR)	6:00a Warrior III HOT (Am) 8:30a Warrior Sculpt (YR) 9:45a Warrior II (YR) 11:00a Warrior III (YR) 5:45p Warrior Sculpt (YR) 7:00p Warrior I HOT (YR)	7:00a Warrior III (YR) 9:45a Warrior Sculpt (YR) 11:00a Gentle Warrior (YR) 5:45p Gentle Warrior (M) 7:00p Buti Yoga HOT (N)	6:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (A) 9:45a Warrior II (K) 11:00a Warrior III (YR)	7:00a Warrior III HOT (YR) 8:30a Warrior Sculpt (YR) 9:45a Warrior I (YR) 11:00a Warrior III (YR)	

who is leading each class?

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



class offerings

Gentle Warrior

Gentle yoga, deep stretch & release, 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 movements, 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 circuits that build strength

Total Body Strength

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