

October 2026

Monday

9:00 am	Reformer Pilates -With Emily
11:30 pm	Slow Moving Yoga - With Lynn
1:00 pm	Yoga With Props - With Lynn
4:30 pm	Reformer Pilates - With Angie
5:45 pm	Reformer Pilates - With Emily

Tuesday

8:15 am	Vinyasa Flow Yoga - With Meghan
9:30 am	Reformer Pilates - With Emily
12:00 pm	Weights & Core - With Emily
6:00 pm	Reformer Pilates - With Gina

Wednesday

9:00 am	Reformer Pilates -With Emily
4:30 pm	Reformer Pilates - With Emily

Thursday

8:15 am	Vinyasa Flow Yoga - With Meghan
9:30 am	Reformer Pilates - With Emily
10:45 am	Weights & Core Express - With Emily
4:30 pm	Pilates Reformer + Strength Combo
5:45 pm	Reformer Pilates - With Emily

Friday

9:00 am	Reformer Pilates - With Emily
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SAT: 10/3

Fall Combo 30-30-30

10:00 - 11:30 am - Emily

SUN: 10/4

Nourish Your Nervous System

4:00 - 5:30 pm - Dr. Ashley & Margie

TUE: 10/6

Double Dose of Sunshine

4:45 - 5:45 pm - Dr. Ashley & Angie

WED: 10/7

Stuck in Pain

6:00 - 7:30 pm - Dawn

SAT: 10/10

Pop-Up Vinyasa Flow

8:30 - 9:30 am - Meghan

SAT: 10/10

From Anger to Art Sound Bath

1:00 - 3:00 pm - Ali

WED: 10/21

The Heart Unbound Sound Bath

6:00 - 7:00 pm - Ali & Dawn

SAT: 10/24

Fall Combo 30-30-30

10:00 - 11:30 - Emily

MON: 10/26

Soul Stories

7:15 - 8:45 pm - Margie & Meelissa

WED: 10/28

Manifesting Meditation

6:30 - 7:45 pm - Jay

SAT: 10/31

Pop-Up Vinyasa Flow

8:30 - 9:30 am - Meghan

