



November 24th – December 31st 2022

Winter Weekly Schedule:

	MONDAY		WEDNESDAY		FRIDAY	
	8:00am – 8:45am Cycle Eliza Cycle Studio		8:00am – 8:45am Pilates Mat Kat Cycle Studio		8:00am – 8:45am Pre-Ski Stretch Roby Cycle Studio	
	9:00am – 9:45am Slow Flow Eliza Yoga Studio		9:00am – 10:00am Forrest Yoga Cher Cycle Studio		9:00am – 9:45am Cycle Roby Cycle Studio	
	10:00am – 10:45am Kaiut Yoga Eliza Yoga Studio		10:15am – 11:15am Yoga Flow Valerie Cycle Studio			

Class Schedule is subject to change, please see the Mindbody app for all updates.



January 1st – January 31st 2023

Winter Weekly Schedule:

	MONDAY		WEDNESDAY		FRIDAY	
	8:00am – 8:45am Cycle Eliza Cycle Studio		8:00am – 8:45am Pilates Mat Kat Cycle Studio		8:00am – 8:45am Pre-Ski Stretch Roby Cycle Studio	
	9:00am – 9:45am Slow Flow Eliza Yoga Studio		9:00am – 10:00am Forrest Yoga Cher Cycle Studio		9:00am – 9:45am Cycle Roby Cycle Studio	
	10:00am – 10:45am Kaiut Yoga Eliza Yoga Studio		10:15am – 11:15am Yoga Flow Valerie Cycle Studio			

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