

MONDAY				TUESDAY				WEDNESDAY				THURSDAY							
6-6:55		Muscles	Stephanie Buck	M	5:45-6:30		Pure Cycle	Emma Aguirre	Surge	6-7		Classic Pilates & Props	Erik Johnson	S	5:45-6:30		Pure Cycle	Emma Aguirre	Surge
6-7	🔄	Yoga Power	Nosa Edebor	B	6:15-7		Cutting EDGE	Hardy Pollard	S	6-7		Muscles	Eran Malone	M	6-7	🔄	Yoga Body	Gayatri Parikh	B
6:15-7		Combat Circuit	Eran Malone	S	6:40-7:10		LIFT 30	Emma Aguirre	M	6:15-7		Better Body Bootcamp	Matt McCullough	BB	6:15-7		TRX	Houstonian Team	S
7:15-8:15	🔄	Yoga Stretch	Nosa Edebor	B	7:30-8:15		Pure Cycle	Melanie Kim	Surge	7:15-8:15		Yoga Therapy	Andrew Dugas	B	6:40-7:10		LIFT 30	Emma Aguirre	M
7:15-8:15		Step & BARRE	Shanna Finucane	S	7:30-8:30		Yoga Body	Marizol Cabrera	B	7:15-8:15		Cutting EDGE	Shanna Finucane	M	7:15-8:15		Muscle Lab	Colleen Kennedy	M
7:30-8:15	🔄	VideoSpin**	Hardy Pollard	Surge	8:30-9:15		K.A.R.B.	Houstonian Team	M	7:30-8:15	🔄	Strong BARRE	Tyler Barbier	S	7:30-8:15		Pure Cycle	Houstonian Team	Surge
7:50-8:30		Arms & Abs	Susy Crosser	M	8:30-9:30		Core Motion	Maria Kelly	S	8:30-9:30		Yoga Lab	Andrew Dugas	B	7:30-8:30		Yoga Body	Marizol Cabrera	B
8:30-9:30		Cardio Kickbox	Eran Malone	S	8:45-9:25		Dirty Thirty	Jarrod Marrs	BB	8:30-9:30		Cutting EDGE	Eran Malone	M	8:30-9:15		miniBARRE	DK	S
8:30-9:30	🔄	Yoga Body	Larry Thraen	B	8:45-9:35		VideoSpin**	Hardy Pollard	Surge	8:30-9:15		BARRE CODE	Stacy Skolnik	S	8:30-9:15	🔄	K.A.R.B.	Y.J. Garbo	M
8:45-9:30		Pure Cycle	Susy Crosser	Surge	9:15-10:15		Yoga Flow	Houstonian Team	B	8:45-9:30	🔄	Rhythm Ride	Susy Crosser	Surge	8:45-9:30	🔄	VideoRide	Martica Heaner	Surge
8:45-9:30		Contemporary Pilates	Stacy Skolnik	M	9:45-10:25		Dirty Thirty	Jarrod Marrs	BB	9:15-10:15		Yoga Flow	Houstonian Team	B	9:15-10:15		Yoga Flow	Houstonian Team	B
9:40-10:10		LIFT 30	Melissa Shippy	S	9:45-10:30		K.A.R.B.	Melissa Shippy	S	9:30-10:15		Muscles	Cathy Wertheimer	M	9:30-10:15	🔄	Cutting EDGE	Melissa Shippy	S
9:45-10:30		Rhythm Ride	Stacy Skolnik	Surge	9:45-10:45		Urban Rebounding	Eran Malone	M	9:30-10:15	🔄	Body Blast Circuit	Jarrod Marrs	BB	9:30-10:30		VideoSpin**	Hardy Pollard	Surge
9:45-10:45		Cutting EDGE	Colleen Kennedy	M	10:15-11		Cycle Basics	Martica Heaner	Surge	9:45-10:35		Pure Cycle	Stacy Skolnik	Surge	9:45-10:35		VideoSpin**	Hardy Pollard	Surge
9:45-10:45		Yoga Power	Susy Crosser	B	10:30-11:45	🔄	Therapy Ball Class	Misha Laird	B	9:45-10:50		Ultimate Conditioning	Melissa Shippy	S	10:15-10:25	🔄	Stop & Stretch	Melissa Shippy	S
10:20-11:05		Strong BARRE	Maria Kelly	S	10:40-11:25		Cutting EDGE	Cathy Wertheimer	S	10:35-11:20		Contemporary Pilates	Maria Kelly	M	10:30-11:15		Rhythm Step	Y.J. Garbo	M
11-11:50		Zumba	Mario Valencia	M	11:15-12		Muscles Basics	Martica Heaner	M	11-11:45	🔄	Yoga Body	Susy Crosser	B	10:30-11:20		Pilates On The BOSU	Maria Kelly	S
11-12	🔄	Yoga Flow	Marizol Cabrera	B	11:35-12:20	🔄	Step 150	Colleen Kennedy	S	11-11:50		TRX	Jarrod Marrs	S	10:30-11:30	🔄	Yoga Power	Nosa Edebor	B
11:15-12		Muscles	Cathy Wertheimer	S	12-12:50	🔄	Pure Cycle	Frances Caron	Surge	11:35-12:35		Soul Grooves	Tammy Harris	M	11:30-12:15		Box & BARRE	Y.J. Garbo	M
12-12:45		BARRE off the BARRE	Y.J. Garbo	M	12-1	🔄	Yoga Therapy	Robert Boustany	B	12-1	🔄	Yoga Stretch	Misha Laird	B	11:30-12:15		Functional Strength	Stephanie Buck	S
12:15-1	🔄	Yoga Body	Farida Meguid	B	12:15-1		Blitz	Andrew Chaddick	PZ	12-1	🔄	The Meditation Class	Misha Laird	B	11:30-12:15	🔄	Yoga Therapy	Robert Boustany	B
1-1:45		BOSU Blast	Y.J. Garbo	M	12:15-1		Pilates Basics	Stacy Skolnik	M	1:05-1:30	🔄	Just for Men	Chad Fuqua	S	12:15-1	🔄	Blitz	Andrew Chaddick	PZ
1:15-2		Just for Men	Johnny Quintanilla	S	1:30-2:30	🔄	Yoga Stretch	Steven Villanueva	B	1:15-2		Seated Stretch & Strength For Seniors	Frances Caron	M	12:30-1:15		Pilates Basics	Melinda Grunewald	M
1:15-2	🔄	Yoga Stretch & Sound Bath	Farida Meguid	B	2-2:45		Tai Chi	Simone Olivier	M	12:45-1:45	RR	Bungee	Marizol Cabrera	S	12:45-1:45	RR	Bungee	Marizol Cabrera	S
1:30-3:45	🔄	Classic Pilates	Katrina Ellsworth	M	4:30-5:10		LEGS	Emma Aguirre	M	1:15-2	🔄	K.A.R.B.	Y.J. Garbo	S	1:15-2	🔄	Functional Mobility	Max Akulin	B
4-4:45	🔄	H - Dance	Bob Luna	M	5:15-6		miniBARRE	Y.J. Garbo	S	2-2:45		Seated Stretch & Strength For Seniors	Frances Caron	M	2-2:45	🔄	Tai Chi	Simone Olivier	M
5-5:45		Power Pilates	Melinda Grunewald	M	5:15-6:15	🔄	Yoga Body	Larry Thraen	B	4:30-5:15		K.A.R.B.	Y.J. Garbo	S	5-5:45		TRX HIIT	Steven Elizondo	S
5-5:45		TRX HIIT	Steven Elizondo	S	5:30-6:10		Arms & Abs	Emma Aguirre	M	5:30-6:15	🔄	Yoga Body	Y.J. Garbo	M	5:30-6:30		VideoRide	Martica Heaner	Surge
5:30-6:30		VideoRide	Martica Heaner	Surge	6:15-7	🔄	Contemporary Pilates	Melinda Grunewald	S	6:30-7:15	🔄	Yoga Stretch	Steven Elizondo	Surge	6-6:45		LIFT 45	Tyler Barbier	M
6-6:45		Cutting EDGE	Eran Malone	M	6:30-7:15	🔄	K.A.R.B Cardio	Y.J. Garbo	M	6-6:45	🔄	Pure Cycle	Steven Elizondo	Surge	6-6:45		Pure Cycle	Tyler Barbier	Surge
6-6:45	🔄	miniBARRE	Stacy Skolnik	S	6:30-7:30		Yoga Power	Stephanie McCarrey	B	6:30-7:15	🔄	Yoga Stretch	Nosa Edebor	B	6-7	🔄	Yoga Stretch	Stephanie McCarrey	B
6-7		Yoga Bootcamp	Andrew Dugas	B						6:30-7:30	🔄	Zumba	Rachel Lootens	M	6-7	🔄	Yoga Stretch	Stephanie McCarrey	B
7-7:45		LIFT 45	Martica Heaner	S						7:20-7:35	🔄	Sound Journey	Nosa Edebor	B	6:15-7:15	🔄	Classic Pilates	Erik Johnson	S
7-8		Zumba*	Shellah Ley	M											6:30-7:15	🔄	Zumba*	Shellah Ley	M
7:15-8:15		Yoga Power	Susy Crosser	B															

FRIDAY				SATURDAY				SUNDAY				Voyager WEEKLY CLASS SCHEDULE							
6-7		Muscles	Eran Malone	M	7:15-8	🔄	Muscles	Martica Heaner	M	8:30-9:15		Pure Cycle	Tyler Barbier	Surge	<u>Monday</u>				
6:15-7		Better Body Bootcamp	Matt McCullough	BB	8:15-9:15		Yoga Lab	Andrew Dugas	B	8:45-9:45		Contemporary Pilates	Erik Johnson	S	7:15-8:15	🔄	Yoga Stretch	Nosa Edebor	B
7-7:45		Yoga Therapy	Larry Thraen	B	8:15-9:15		Cutting EDGE	Shanna Finucane	M	8:45-9:40		Step 130	Ben Roberson	M	1:15-2		Just for Men	Johnny Quintanilla	S
7:15-8:15		Step 150	Shanna Finucane	M	8:30-9:15		Pure Cycle	DK	Surge	9:00-10:00		Yoga Body	Larry Thraen	B	1:30-2:30	🔄	Yoga Stretch & Sound Bath	Farida Meguid	B
8-9		Yoga Body	Houstonian Team	B	8:30-9:15		TRX	Rachel Lootens	S	9:45-10:20		K.A.R.B.	Tyler Barbier	M	<u>Tuesday</u>				
8:30-9:30		Cutting EDGE	Hardy Pollard	M	9:30-10:15		Muscles	Y.J. Garbo	S	10-10:40		Arms & Abs	Houstonian Team	S	10:30-11:45	🔄	Therapy Ball Class	Misha Laird	B
8:30-9		K.A.R.B. 30	Lara Noville	S	9:30-10:15		Rhythm Ride	Susy Crosser	Surge	10-10:45		VideoRide	Martica Heaner	Surge	11:15-12		Muscles Basics	Martica Heaner	M
8:45-9:30	🔄	Rhythm Ride	DK	Surge	9:30-10:30	🔄	Yoga Therapy	Andrew Dugas	B	10:15-11:15		Yoga Power	Nosa Edebor	B	12-1	🔄	Yoga Therapy	Robert Boustany	B
9:10-10:10		Kick Mix	Eran Malone	S	9:30-10:30	🔄	Zumba*	Shellah Ley	M	10:30-11:30		Urban Rebounding	Eran Malone	M	12:30-1:15	🔄	Pilates Basics	Stacy Skolnik	M
9:15-10:15	🔄	Yoga Power	Steven Villanueva	B	9:30-10:30	🔄	Yoga Therapy	Andrew Dugas	B	11-11:45		Cycle UNPLUGGED	Houstonian Team	Surge	1:30-2:30	🔄	Yoga Stretch	Steven Villanueva	B
9:45-10:30		BARRE off the BARRE	Maria Kelly	M	10:30-11:20		VideoSpin**	Hardy Pollard	Surge	11-11:45		miniBARRE	DK	S	2-2:45		Tai Chi	Simone Olivier	M
9:45-10:30		Rhythm Ride	Martica Heaner	Surge	10:30-11:30		Power Pilates	Melinda Grunewald	S	11:30-12:30	🔄	Yoga Stretch	Misha Laird	B	<u>Wednesday</u>				
10:20-10:50		LIFT 30	Melissa Shippy	S	10:45-11:30		K.A.R.B Cardio	Y.J. Garbo	M	12-12:45		LIFT 30 + Hard Core	Houstonian Team	M	7:15-8:15		Yoga Therapy	Andrew Dugas	B
10:30-11:30		Yoga Flow	Marizol Cabrera	B	10:45-11:45		Yoga Power	Susy Crosser	B	12:30-1:30	RR	Bungee	Stephanie Buck	S	12-1	🔄	Yoga Stretch	Misha Laird	B
10:45-11:30		Muscles	Y.J. Garbo	M	11:45-12:30		miniBARRE	Melinda Grunewald	S	12:45-1:30	🔄	Yoga Stretch	Misha Laird	B	1:05-1:30	🔄	The Meditation Class	Misha Laird	B
11-11:45		Contemporary Pilates	Melinda Grunewald	S	12-1	🔄	Yoga Stretch	Houstonian Team	B	1:15-2		Just for Men	Chad Fuqua	S	1:15-2		Seated Stretch & Strength For Seniors	Frances Caron	M
12-12:45		Zumba	Tatiana Torrente	M	1-1:45		TRX	Houstonian Team	S	2-2:45		Seated Stretch & Strength For Seniors	Frances Caron	M	2-2:45		Seated Stretch & Strength For Seniors	Frances Caron	M
11:45-12:45		Yoga Body	Susy Crosser	B	1-1:45	🔄	Yoga Stretch	Houstonian Team	B	12:30-1:30	RR	Bungee	Stephanie Buck	S	<u>Thursday</u>				
1-1:45		Muscles Basics	Maria Kelly	M	2:30-3:30	🔄	Yoga Body	Gayatri Parikh	B	12:45-1:30	🔄	Yoga Stretch	Misha Laird	B	11:30-12:15		Functional Strength	Stephanie Buck	S
1-2		Yoga Stretch	Misha Laird	B	3:45-4:45	🔄	Yoga Therapy	Lizzy Metriyakool	B	1:35-2	🔄	The Meditation Class	Misha Laird	B	12-1	🔄	Yoga Therapy	Robert Boustany	B
1:15-2		Just For Men	Chad Fuqua	S						1:45-2:45	RR	Bungee	Stephanie Buck	S	12:30-1:15	🔄	Pilates Basics	Melinda Grunewald	M
2:05-2:30	🔄	The Meditation Class	Misha Laird	B						2:15-3		Foam Roller Yoga	Ethan Spell	B	1:15-2	🔄	Functional Mobility	Max Akulin	B
4-4:45		Yoga Therapy	Misha Laird	B						3:15-4:15	🔄	Yoga Power	Ethan Spell	B	2-2:45		Tai Chi	Simone Olivier	M
4:50-5:30	🔄	Therapy Balls	Misha Laird	B						4:30-5:30		Yoga Lab	Andrew Dugas	B	<u>Friday</u>				
5-5:45		Pilates for Men	Erik Johnson	M						5:45-6:45	🔄	Yoga Therapy	Andrew Dugas	B	1-1:45		Muscles Basics	Maria Kelly	M
6-7		Yoga Bootcamp	Andrew Dugas	B											1-2		Yoga Stretch	Misha Laird	B
															1:15-2		Just For Men	Chad Fuqua	S

B: Breathe M: Move S: Strong **Viewer Discretion 🔄Kids age 12 - 14 may attend with parent. TPG: Tennis Plaza Green ME:Meadow PZ: Performance Zone RR: Reservation Required

