

WINTER 2024 WELLNESS GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Yoga Fusion Express with Kari	5:30am Power Express with Colleen	5:30am Yoga Sculpt Express with Ally	5:30am Burn Express with Colleen	5:30am Yoga Dance Express with Kari	7:15am Burn with Kari	8:30am Aerial Restorative Yoga at Cocoon Yoga Lab
6:15am Functional Fitness with Colleen	6:15am Yoga Flow with Charlotte	6:15am Barre with Colleen	6:15am Yoga Flow with Bex	6:15am TRX Movement with Colleen	8:15am Power with Kari	9:15am Power with Robbie
7:15am Yoga Flow with Bex	7:15am Power with Colleen	6:30am All Levels Swim with Karma	6:30am All Levels Swim with Karma	7:15am Stretch & Limber Yoga with Charlotte	8:30am Dynamic Hot Flow at Cocoon Yoga Lab	10:15am Pilates Strength Fusion with Claire
8:15am Power with Phoenix	8:15am Mat Pilates with Colleen	6:30am Sunrise Breath & Meditation with Justin (in Sound Lounge)	7:15am Mat Pilates with Colleen	8:15am Burn with Phoenix	9:15am TeamBeats with Kari (in gym)	10:15am TeamBeats with Robbie (in gym)
9:15am Meditate & Restore Yoga with Bex	8:30am Aerial Rock + Roll Release + Aerial Abs (Rotating) at Cocoon Yoga Lab	7:15am TRX Intervals with Colleen	8:15am Meditate & Restore Yoga with Bex	8:30am Aerial Flex & Fly at Cocoon Yoga Lab	10:15am Mat Pilates with Colleen	11:15am HIIT Barre Blast with Kari
10:15am Mat Pilates with Colleen	9:15am TRX Movement with Colleen	8:15am HIIT Barre Blast with Colleen	10:15am Mat Pilates with Alicia	9:15am Mat Pilates with Alicia	10:15am Aerial Yoga Flow at Cocoon Yoga Lab *NEW*	12:15pm Stretch & Limber Yoga with Alison
11:45am Aerial Yoga Flow at Cocoon Yoga Lab	10:15am Mat Pilates with Alicia	9:15am Mat Pilates with Alicia	10:15am TeamBeats with Colleen (in gym)	10:15am Yoga Flow with Kelsi *NEW*	11:15am Power Yoga with Charlotte	1:00pm Intro to Aerial Yoga Flow at Cocoon Yoga Lab *NEW*
12:15pm TeamBeats with Colleen (in gym)	10:15am TeamBeats with Colleen (in gym)	10:15am Yoga Sculpt with Charlotte	11:15am Functional Fitness with Colleen	11:15am TeamBeats with Phoenix (in gym)	11:45am Gentle Slow Flow at Cocoon Yoga Lab *NEW*	5:00pm Dynamic Hot Flow at Cocoon Yoga Lab
1:15pm Barre with Colleen	11:15am Targeted Strength with Whitney *NEW*	11:15am Power with Phoenix	11:45am Breathing Space Aerial Slow Flow at Cocoon Yoga Lab *NEW*	11:45am Restorative Yoga at Cocoon Yoga Lab *NEW*		7:00pm Yin Yoga Nidra at Cocoon Yoga Lab
4:30pm Aerial Flex + Fly at Cocoon Yoga Lab	11:45am Moving Meditation Slow Flow at Cocoon Yoga Lab	12:15am TeamBeats with Colleen (in gym)	12:15pm TeamBeats with Phoenix (in gym)	6:00pm Cocoon Sound Bath at Cocoon Yoga Lab *NEW*		
5:15pm Power with Whitney	12:15pm Yoga Flow with Bex	12:15pm Sound Meditation with Charlotte (in Sound Lounge)	5:15pm Pilates Strength Fusion with Claire			
6:00pm Flow + Roll at Cocoon Yoga Lab	12:15pm TeamBeats with Phoenix (in gym)	4:30pm Aerial Yoga Flow at Cocoon Yoga Lab	6:00pm Aerial Yoga Flow at Cocoon Yoga Lab			
6:15pm Power Yoga with Ally	4:30pm Yoga Fitness Fusion at Cocoon Yoga Lab	5:15pm Power with Rachel	6:15pm Power with Phoenix			
7:15pm Pilates Strength Fusion Express with Charlotte	5:15pm Pilates Strength Fusion with Claire *NEW*	6:00pm Mat Fit Yoga + Pilates at Cocoon Yoga Lab *NEW*	7:15pm Strength & Conditioning for Cyclists with Scott *NEW*			
	6:00pm Mellow-ish Yoga Flow at Cocoon Yoga Lab	6:15pm Power Yoga with Charlotte				
	6:15pm Power with Claire	7:15pm Burn Express with Robbie				
	7:15pm Breathwork with Justin	7:30pm Yin Yoga at Cocoon Yoga Lab				
	7:30pm Breathwork, Beats, & Breakthroughs at Cocoon Yoga Lab					