

DECEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Barre w/ Kirie Hybrid - Helios 11:00am-11:45am Yoga with Props w/ Amy Hybrid - WL1 Studio A 11:15am - 12:00pm Gyrokinesis® w/ Fernando Hybrid - Helios 12:00pm-12:45pm Metabolic Burn w/ Karleigh WL1 -Studio A 12:05pm-12:35pm	2 Cycle w/ Bill WL1 Cycle Studio 5:45am-6:30am Balletone® w/ Edie Helios 11:15am-12:00pm Pilates w/ Kirie Hybrid - WL1 Studio A 11:15am-12:00pm TRX® w/ Kirie WL1 Studio A 12:05pm-12:35pm Zumba® w/ Edie WL1 Studio A 4:15pm-5:00pm	3 Yoga w/ Kirie Hybrid - Helios 11:00am-11:45am Yoga Flow w/ Amy WL1 Studio A 11:15am-12:00pm Cycle w/ Jiji WL1 Cycle Studio 11:30am-12:15pm Body Sculpt w/ Betti Helios 12:00pm-12:45pm Barbell Strength w/ Edie WL1 Studio A 4:15pm-5:00pm Line Dancing w/ Natasha Helios 4:15pm-5:00pm	4 Pilates Fusion w/Kirie Hybrid - Helios 11:15am-12:00pm Power Express w/ Stephen Hybrid - WL1 Studio A 11:15am-12:00pm Stretch & Mobility w/ Cindy Hybrid - WL1 Studio A 12:05pm-12:35pm Pilates w/ Kathi WL1 Studio A 4:15pm-5:00pm	5 Stretch & Mobility w/ Kirie Hybrid- Helios 11:15am-12:00pm Yoga Flow w/ Cindy Hybrid - WL1 Studio A 12:00pm-12:45pm
8 Barre w/ Kirie Hybrid - Helios 11:00am-11:45am Yoga with Props w/ Amy Hybrid - WL1 Studio A 11:15am - 12:00pm Gyrokinesis® w/ Fernando Hybrid - Helios 12:00pm-12:45pm Metabolic Burn w/ Karleigh WL1 -Studio A 12:05pm-12:35pm	9 Cycle w/ Bill WL1 Cycle Studio 5:45am-6:30am Balletone® w/ Edie Helios 11:15am-12:00pm Pilates w/ Kirie Hybrid - WL1 Studio A 11:15am-12:00pm TRX® w/ Kirie WL1 Studio A 12:05pm-12:35pm Zumba® w/ Edie WL1 Studio A 4:15pm-5:00pm	10 Yoga w/ Kirie Hybrid - Helios 11:00am-11:45am Yoga Flow w/ Amy WL1 Studio A 11:15am-12:00pm Cycle w/ Jiji WL1 Cycle Studio 11:30am-12:15pm Body Sculpt w/ Betti Helios 12:00pm-12:45pm Barbell Strength w/ Edie WL1 Studio A 4:15pm-5:00pm Line Dancing w/ Natasha Helios 4:15pm-5:00pm	11 Pilates Fusion w/Kirie Hybrid - Helios 11:15am-12:00pm Power Express w/ Stephen Hybrid - WL1 Studio A 11:15am-12:00pm Stretch & Mobility w/ Cindy Hybrid - WL1 Studio A 12:05pm-12:35pm	12 Stretch & Mobility w/ Kirie Hybrid- Helios 11:15am-12:00pm Yoga Flow w/ Cindy Hybrid - WL1 Studio A 12:00pm-12:45pm
15 Barre w/ Kirie Hybrid - Helios 11:00am-11:45am Yoga with Props w/ Amy Hybrid - WL1 Studio A 11:15am - 12:00pm Gyrokinesis® w/ Fernando Hybrid - Helios 12:00pm-12:45pm Metabolic Burn w/ Karleigh WL1 -Studio A 12:05pm-12:35pm	16 Cycle w/ Bill WL1 Cycle Studio 5:45am-6:30am Balletone® w/ Edie Helios 11:15am-12:00pm Pilates w/ Kirie Hybrid - WL1 Studio A 11:15am-12:00pm TRX® w/ Kirie WL1 Studio A 12:05pm-12:35pm Zumba® w/ Edie WL1 Studio A 4:15pm-5:00pm	17 Yoga w/ Kirie Hybrid - Helios 11:00am-11:45am Yoga Flow w/ Amy WL1 Studio A 11:15am-12:00pm Jingle Jam Spin WL1 Cycle Studio 11:30am-12:15pm Body Sculpt w/ Betti Helios 12:00pm-12:45pm Barbell Strength w/ Edie WL1 Studio A 4:15pm-5:00pm Line Dancing w/ Natasha Helios 4:15pm-5:00pm	18 Pilates Fusion w/Kirie Hybrid - Helios 11:15am-12:00pm Power Express w/ Stephen Hybrid - WL1 Studio A 11:15am-12:00pm Stretch & Mobility w/ Cindy Hybrid - WL1 Studio A 12:05pm-12:35pm Pilates w/ Kathi WL1 Studio A 4:15pm-5:00pm	19 Stretch & Mobility w/ Kirie Hybrid- Helios 11:15am-12:00pm Yoga Flow w/ Cindy Hybrid - WL1 Studio A 12:00pm-12:45pm