

Class Schedule

NOVEMBER 202

WWW.THESTUDIOHEBER.COM

PLEASE SIGN UP FOR CLASSES AHEAD OF TIME THROUGH OUR MINDBODY APP OR AT WWW.THESTUDIOHEBER.COM/CLASSES!



6:00-7:00am TRENGTH HIIT TONE	6:00-7:00am STUDIO STRENGTH	5:45-6:45am	6:00-7:00am		
	TRAINING	HOT YOGA	STUDIO STRENGTH	5:45-6:45am HOT YOGA	7:30-8:15am Barre
7:00-8:00am CARDIO BARRE 9-10am STUDIO STRENGTH TRAINING 9:30-10:30am HOT YOGA 4:30PM-5:30pm SPORTS BARRE 6:00-7:00pm STUDIO DANCE 6:30-7:30pm VINYASA FLOW	6:30-7:30am LOCKED, LOADED & LIMBER 9:30-10:30am HOT POWER YOGA 10:00-11:00am Barre 4:30-5:30pm STUDIO STRENGTH TRAINING 6:00-6:45pm BARRE & CORE 7-8:15pm FIRE & SOUL FLOW	6:00-7:00am SPIN 7:00-8:00am HEATED BARRE 9:00-10:00am STUDIO STRENGTH TRAINING 9:30-10:30am HOT YOGA 4:30-5:15pm SPIN 6:30-7:30pm YIN YOGA	6:30-7:30am LOCKED, LOADED & LIMBER 8:00-9:00am HEATED BARRE 9:00-10:00am CARDIO STEP 9:30-10:30am HOT YOGA 4:30-5:30pm STUDIO STRENGTH TRAINING 6:15-7:00pm SPIN 7:00-8:00pm EMPOWER HOT YOGA	6:00-7:00am SPIN, CORE & MORE 7:00-8:00am HEATED YOGA BARRE 9:00-10:00am STUDIO STRENGTH TRAINING 9:30-10:30am HOT 60 4:30-5:30pm HOT YOGA	8:30-9:15am Spin 9:30-10:45am Fire & Soul Flow **CLASSES IN PURPLE ARE ONLY AVAILABLE WITH OUR PRIME/PREMIUM MEMBERSHIPS OR WITH A
	9:30-10:30am HOT YOGA 4:30PM-5:30pm SPORTS BARRE 6:00-7:00pm STUDIO DANCE 6:30-7:30pm	### 10:00-11:00am ### 10:00-11:00am ### 10:00-11:00am ### Barre ### 4:30-5:30pm ### SPORTS BARRE ### 6:00-7:00pm ### STUDIO DANCE ### 6:30-7:30pm VINYASA FLOW ### 9:30-10:30am ### HOT POWER YOGA ### 10:00-11:00am ### Barre ### 4:30-5:30pm ### STUDIO STRENGTH ### TRAINING ### BARRE & CORE ### 7-8:15pm	### PROPERTY OF A PROPERTY OF	STRENGTH Sign Strength Sign Strength Sign Strength Strudio Strength Str	STUDIO STRENGTH TRAINING 9:30-10:30am



Abbreviated Thanksgiving Week Schedule!

- -No evening classes on Wednesday, Nov. 24
- -6:30am SPINtacular & 8:15am Fire & Soul Flow on Thanksgiving Morning 8:00am STEPtacular & 9:30am HOT 60 on Friday, Nov. 26 Regular Weekend Schedule!