

THE POSSE

Classes included in the Posse membership tier

Posse members can also attend classes in the Maverick membership tier. See that schedule for additional class offerings. All classes are 60-min unless noted.

Monday

EQUIPMENT PILATES	8:00 AM	JoseF
VINYASA	9:00 AM	SPIRITUS
MAT PILATES	10:00 AM	SPIRITUS
BEGINNING KARATE	11:45 AM	GYM
CONTINUING KARATE	6:00 PM	GYM
POWER YOGA	6:00 PM	SPIRITUS

Tuesday

MAT PILATES	7:00 AM	SPIRITUS
TRX	8:00 AM	UPPER LEVEL
SLOW FLOW	9:00 AM	SPIRITUS
GENTLE FLOW	10:00 AM	SPIRITUS
GENTLE FLOW	4:00 PM	SPIRITUS
TRX	6:00 PM	UPPER LEVEL
VINYASA	6:00 PM	SPIRITUS

Wednesday

VINYASA	9:00 AM	SPIRITUS
EQUIPMENT PILATES	9:00 AM	JoseF
YOGA FOR RUNNERS & CYCLISTS	10:00 AM	SPIRITUS
VINYASA	12:00 PM	SPIRITUS
MAT PILATES	5:00 PM	SPIRITUS
CONTINUING KARATE	6:00 PM	GYM
EQUIPMENT PILATES	6:00 PM	JoseF
VINYASA	6:00 PM	SPIRITUS

Thursday

TRX	8:00 AM	UPPER LEVEL
SLOW FLOW	9:00 AM	JoseF
GENTLE FLOW	10:00 AM	SPIRITUS
TRX	6:00 PM	UPPER LEVEL
VINYASA	6:00 PM	SPIRITUS

Friday

MAT PILATES	8:00 AM	SPIRITUS
EQUIPMENT PILATES	9:00 AM	JoseF
VINYASA YOGA	9:00 AM	SPIRITUS
RESTORATIVE YOGA	10:00 AM	SPIRITUS
BEGINNING KARATE	11:45 AM	GYM

Saturday

VINYASA YOGA	9:00 AM	SPIRITUS
GENTLE FLOW YOGA	10:00 AM	SPIRITUS

Sunday

VINYASA YOGA*	9:00 AM	SPIRITUS
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* 90-MIN CLASS

PLEASE NOTE: Class schedule is subject to change. Class additions, changes, or cancellations will be communicated on Facebook, our website, and on our app.

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