



Forge CLASS

SCHEDULE 2023

	MON	TUES	WED	THUR	FRI	SAT	SUN
6am	Bikram 60 min	Inferno Hot Pilates	Bikram 60 min	Inferno Hot Pilates	Bikram 90 min		
7am						Bikram 60 min	Hot Vinyasa Flow
8:30am							Bikram 90 min
9am	Hot Vinyasa Flow	Bikram 90 min	Hot Vinyasa Flow	Bikram 90 min	Hot Vinyasa Flow	Bikram 90 min	
10:30am	Hatha Yoga		Hatha Yoga		Yin Yoga 60min		Hot Vinyasa Flow
12pm	Inferno Hot Pilates	Hot Vinyasa Flow	Inferno Hot Pilates	Hot Vinyasa Flow	Bikram 60 min	Inferno Hot Pilates	Inferno Hot Pilates
1:30PM						Inferno Hot Pilates	
4pm						Hot Vinyasa Flow	
5pm	Bikram 90 min	Bikram 90 min	Bikram 90 min	Bikram 90 min	Alternating: IHP / Vinyasa		Bikram 90 min
7pm	Inferno Hot Pilates	Hot Vinyasa Flow	Inferno Hot Pilates	Hot Vinyasa Flow	Bikram Beats	5:45 PM BLACK HEALING YOGA	Yin Yoga 75min
8:30pm	Hot Vinyasa Flow	Inferno Hot Pilates	Hot Vinyasa Flow	Inferno Hot Pilates			QUEER COMM UNITY CLASS