

*Classes are subject
to change.
Always check Mindbody.*

THE SUITE STUDIO

barre • fitness • yoga

Dover, New Hampshire

Spring 2026

MONDAY

5:30a • SUITE Circuit • Jess
8:00a • SUITE Circuit • Jess
9:15a • Mat Pilates • Lee

12:00p • Strength & Balance • Sheri
4:30p • Rhythm & Reps • Jenna
5:30p • SOULfusion • Jackie

TUESDAY

8:00a • SUITE Circuit • Jess
9:15a • Barre • Emily
10:30a • Chair Yoga • Jessica H
12:00p • Shred & Sculpt • Jess

4:30p • SUITE Circuit • Jess
5:30p • Heavy HIITers • Jackie
5:30p • Cardio Dance • Jenna
6:30p • BARREFusion • Sheri

WEDNESDAY

5:30a • SUITE Circuit • Jess
7:30a • Strength & Balance • Sheri
9:15a • Yoga For All • Jessica H

12:00p • Yoga For All • Jessica H
4:30p • Rhythm & Reps • Jenna
5:30p • PiYo • Jackie
6:30p • Heels Dance • Cari

THURSDAY

8:00a • Barre • Charlene
9:15a • Yoga for All • Rachel
10:30a • Baby @ the Barre • Rachel
12:00p • Barre • Charlene

4:30p • Barre • Emily
5:30p • Cardio Dance • Jenna
5:30p • Strength & Balance • Sheri
6:30p • Yoga for All • Aly

FRIDAY

5:30a • SUITE Circuit • Jess
8:00a • SUITE Circuit • Jess
9:15a • SUITE Blend • Rachel

12:00p • SUITE Circuit • Jess
4:30p • Barre • Sarah
5:30p • Pound • Sheri

SATURDAY

8:30a • Barre • Emily
8:30a • Bootcamp • Jackie

9:30a • Bootcamp • Jackie
9:30a • Barre • Sarah

SUNDAY

8:30a • Shred & Sculpt • Jess

9:30a • Just Lift • Jess
9:30a • Cardio Dance • Jenna

Read class descriptions at thesuitestudio.fit/classes