

THE SUITE STUDIO

barre • fitness • yoga

Dover, New Hampshire

summer 2022

MONDAY

5:30a • Bootcamp • Jess

4:30p • Suite Circuit • Nicole

8:00a • Suite Circuit • Jess

5:30p • SOULfusion • Jackie

9:00a • Mat Pilates • Lee

12:00p • PiYo • Nicole

TUESDAY

8:00a • Suite Circuit • Jess

4:30p • Shred + Sculpt • Sarah

9:15a • Barre • Jess

5:30p • Cardio Dance • Jenna

12:00p • Suite Circuit • Jess

WEDNESDAY

5:30a • Bootcamp • Jess

5:30p • PiYo • Jackie

9:00a • Suite Blend • Jess

6:30p • Stretch + Mobility • Emily

THURSDAY

7:00a • Barre • Charlene

4:30p • Suite Circuit • Nicole

9:15a • Barre Fusion • Rachel

5:30p • HIIT + Lift • Jess

12:00p • SOULfusion • Charlene

6:30p • Yoga • Charlene

FRIDAY

5:30a • Bootcamp • Jess

4:30p • PiYo • Nicole

8:00a • Suite Circuit • Jess

5:30p • Pound • Nicole

9:15a • Power Yoga • Rachel

SATURDAY

8:30a • Barre • Rotating Instructors

9:30a • Cardio Kickboxing • Jackie

SUNDAY

8:30a • Shred + Sculpt • Jess

9:30a • Just Lift • Jess

Read class descriptions at thesuitestudio.fit/classes