

THE
SUITE STUDIO
barre • fitness • yoga
Dover, New Hampshire

winter 2023

MONDAY

5:30a • Bootcamp • Jess
8:00a • Suite Circuit • Jess
9:15a • Mat Pilates • Lee
12:15p • Yoga for All • Aly
4:30p • Total Body Power • Kari
5:30p • SOULfusion • Jackie

TUESDAY

8:00a • Suite Circuit • Jess
9:15a • Barre • Jess
12:00p • Shred + Sculpt • Jess
4:30p • Suite Circuit • Jess
5:30p • Cardio Dance • Jenna

WEDNESDAY

5:30a • Bootcamp • Jess
9:15a • Suite Blend • Jess
12:00p • Suite Circuit • Jess
4:30p • Suite Circuit • Kari
5:30p • PiYo • Jackie
6:30p • Stretch + Mobility • Emily

THURSDAY

8:00a • Barre • Charlene
9:15a • Power Yoga • Rachel
12:00p • Re3l Groove • Jessica S.
4:30p • Suite Circuit • Kari
5:30p • Cardio Dance • Jenna
6:30p • Yoga Nidra • Charlene
(first Thursday of the month)

FRIDAY

5:30a • Bootcamp • Jess
8:00a • Suite Circuit • Jess
9:15a • Barre Fusion • Rachel
12:15p • Zumba • Karna
4:30p • Suite Circuit • Nicole
5:30p • Pound • Nicole

SATURDAY

8:00a • Bootcamp • Jojo
8:30a • Barre • Rachel/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