

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



Summer 2024

MONDAY

5:30a • Bootcamp* • Jess
8:00a • Suite Circuit* • Jess
9:15a • Yoga for All • Aly

12:00p • Strength & Balance • Sheri
4:30p • Bootcamp* • Jacqui N.
5:30p • Barre • Jacqui N.

TUESDAY

8:00a • Suite Circuit* • Jess
9:15a • Barre • Emily B.

5:30p • Suite Circuit* • Sheri
5:30p • Cardio Dance • Jenna

WEDNESDAY

5:30a • Bootcamp* • Jess
7:30a • Strength & Balance • Sheri
9:15a • Suite Blend • Jess

12:00p • Suite Circuit* • Jess
4:30p • Barre • Emily B.
5:30p • Strength & Balance • Sheri

THURSDAY

7:00a • Tabata* • Jacqui N.
8:00a • Barre • Charlene
9:15a • Yoga for All • Rachel

4:30p • HIIT & Lift* • Jacqui N.
5:30p • Cardio Dance • Jenna

FRIDAY

5:30a • Bootcamp* • Jess
8:00a • Suite Circuit* • Jess
9:15a • Barre Fusion • Rachel

12:00p • Shred & Sculpt • Jess
5:30p • Pound • Sheri

SATURDAY

8:30a • Barre • Emily B.

9:30a • Bootcamp* • rotating instructor

SUNDAY

8:30a • Shred + Sculpt • Jess
9:30a • Just Lift* • Jess

9:30a • Cardio Dance • Jenna

Read class descriptions at thesuitestudio.fit/classes

*= classes held in Studio 1