

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



Spring 2025

MONDAY

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

12:00p • Strength & Balance • Sheri
4:30p • Suite Circuit • Zoe
5:30p • SOULfusion • Jackie

TUESDAY

8:00a • Suite Circuit • Jess
9:15a • Suite & Strong • Jess

4:30p • Suite Circuit • Jess
5:30p • HIIT & Lift • Lucy
5:30p • Cardio Dance • Jenna

WEDNESDAY

5:30a • Suite Circuit • Jess
7:30a • Strength & Balance • Sheri
9:15a • Suite Blend • rotating instructors
10:30a • Baby at the Barre • Emily S.

12:00p • Suite Circuit • Jess
4:30p • Barre • Emily B.
5:30p • PiYo • Jackie

THURSDAY

8:00a • Barre • Charlene
9:15a • Yoga for All • Rachel
12:00p • Barre • Charlene

4:30p • Tabata Takeover • Zoe
5:30p • Cardio Dance • Jenna
5:30p • Core & More • Sheri
6:30p • Yoga for All • Aly

FRIDAY

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

12:00p • Shred & Sculpt • Jess
4:30p • Barre • Sarah
5:30p • Pound • Sheri
6:30p • Heels Dance • Cari

SATURDAY

8:30a • Barre • Emily B.
9:30a • Bootcamp • Jackie

9:30a • Barre • Sarah
10:30a • Baby on the Mat • Bailee

SUNDAY

8:30a • Shred + Sculpt • Jess

9:30a • Just Lift • Jess
9:30a • Cardio Dance (90 min) • Jenna

Read class descriptions at thesuitestudio.fit/classes