

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



Fall 2025

MONDAY

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

12:00p • Strength & Balance • Sheri
4:30p • Bands & Sliders • Emily
5:30p • SOULfusion • Jackie

TUESDAY

8:00a • Suite Circuit • Jess
9:15a • Barre • Emily
12:00p • Shred & Sculpt • Jess

4:30p • Suite Circuit • Jess
5:30p • Heavy HITTERS • Jackie
5:30p • Cardio Dance • Jenna

WEDNESDAY

5:30a • Suite Circuit • Jess
7:30a • Strength & Balance • Sheri
9:15a • Mat Pilates • Emily
12:00p • Yoga For All • Jessica H

4:30p • Rhythm & Reps • Jenna
5:30p • PiYo • Jackie
6:30p • Intro to Heels Dance • Cari

THURSDAY

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

12:00p • Suite Circuit • Jess
4:30p • Barre • Sarah
5:30p • Pound • Sheri
5:30p • Hot Girl Hip Hop • Cari

SATURDAY

8:30a • Barre • Emily

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