

# BACK BAY

LAST UPDATE APRIL 2024

## Monday

6:00–7:00AM 🎵👐  
Heated Flow • Bendex

6:30–7:15AM 🎵  
Yoga Sculpt • Brittany

7:15–8:00AM 🎵  
Pilates • Art

9:00–10:00AM 🎵👐  
Heated Flow • Bendex

12:00–12:45PM 🎵  
Hot Pilates • Jill

12:15–1:15PM 👐  
Flow • Emily S.

4:30–5:30PM 🎵  
Heated Flow • Marco

5:00–6:00PM 🎵  
Yoga Sculpt • Tara M.

5:45–6:45PM 🎵👐  
Heated Flow • Bendex

6:15–7:15PM 🎵👐  
Flow • Alex

7:15–8:15PM 🎵  
Flow • Emma M.

7:30–8:30PM 🎵  
Flow & Restore • Marco

## Tuesday

6:00–7:00AM 🎵👐  
Heated Flow • Craig

7:15–8:00AM 🎵  
Yoga Sculpt • Madison

9:00–10:00AM 🎵👐  
Heated Flow • Abby K.

9:30–10:15AM 🎵  
Core • Susan

12:00–12:45PM 🎵  
Barre • Nicole

12:15–1:15PM 🎵👐  
Flow • David

3:30–4:15PM 🎵  
Pilates • Gabriela

4:15–5:15PM 🎵👐  
Flow • Gregor

4:30–5:30PM 🎵  
Heated Flow • Meredith

5:45–6:45PM 🎵👐  
Flow • Abby K.

6:00–7:00PM 🎵  
Yoga Sculpt • Meredith

7:00–8:00PM 🎵👐  
Yin • Emily P.

7:15–8:15PM 🎵👐  
Heated Flow • Rachele

## Wednesday

6:00–7:00AM 🎵👐  
Heated Flow • Rachele

6:30–7:15AM 🎵  
Yoga Sculpt • Brittany

7:15–8:00AM 🎵  
Pilates • Laura

9:30–10:30AM 🎵👐  
Flow • Emma A.

12:00–12:45PM 🎵  
Hot Pilates • Jill

12:00–1:00PM 🎵👐  
Heated Flow • Max S.

4:30–5:30PM 🎵👐  
Heated Flow • Bendex

4:30–5:45PM 🎵  
Flow • Allison

5:45–7:00PM 🎵👐  
Hot Power • Shawna

6:00–6:45PM 🎵  
Hot Pilates • Art

7:00–8:15PM 🎵  
Relax & Renew • Allison

7:15–8:15PM 🎵👐  
Flow • Shawna

## Thursday

6:00–7:00AM 🎵👐  
Heated Flow • Max S.

7:15–8:00AM 🎵  
Strength & Conditioning  
Max S.

9:00–10:00AM 🎵👐  
Heated Flow • Bendex

9:30–10:30AM 🎵  
Pilates • Erica

12:00–12:45PM 🎵  
HIIT • Nicole

12:15–1:15PM 🎵👐  
Flow • Jojo

3:30–4:15PM 🎵  
Pilates • Gabriela

4:30–5:30PM 🎵  
Heated Flow • Meredith

4:45–6:00PM 🎵👐  
Ashtanga Flow • Abby

6:00–7:00PM 🎵  
Yoga Sculpt • Meredith

6:15–7:15PM 🎵👐  
Flow • Cali

7:15–8:15PM 🎵👐  
Heated Flow • Daniel L.

7:30–8:30PM 🎵👐  
Flow & Restore • Emma A.

## Friday

7:15–8:00AM 🎵  
Pilates • Caroline

9:30–10:30AM 🎵  
Heated Flow

12:00–12:45PM 🎵  
Core • Callie

12:00–1:00PM 🎵  
Heated Flow • Ben

4:15–5:15PM 🎵👐  
Flow • Krissy

4:15–5:30PM  
Hot 26 • Gerdette

5:45–6:45PM 🎵  
Yin • Gerdette

6:00–7:15PM 🎵👐  
Heated Flow • Paria

## Saturday

8:30–9:30AM  
Hot 26 • Gerdette

9:45–10:30PM 🎵  
Strength & Conditioning  
Cam

10:00–11:15AM 🎵👐  
Flow • Amy

10:45–11:30AM 🎵  
Hot Pilates • Art

11:45–12:45PM 🎵👐  
Hot Power • Laura S.

12:00–1:00PM 🎵👐  
Flow • Abby K.

2:15–3:30PM 🎵👐  
Flow & Restore • Ally

3:00–3:45PM 🎵  
Yoga Sculpt • Laura S.

4:30–5:30PM 🎵👐  
Heated Flow • Bendex

5:45–7:00PM 🎵👐  
Flow & Restore • Eva

## Sunday

8:30–9:30AM 🎵👐  
Flow • Max S.

9:00–10:00AM 🎵👐  
Hot Power • Luciana

9:45–10:30PM 🎵  
Strength & Conditioning  
Max S.

10:15–11:15AM 🎵  
Flow • Marco

10:45–11:45AM 🎵  
Foundations • Cass

11:30–12:15PM 🎵  
Yoga Sculpt • Abby F.

12:00–1:00PM 🎵  
Flow • Ben

12:30–1:30PM 🎵👐  
Hot Power • Laura S.

2:15–3:30PM 🎵  
Flow & Restore • Marco

3:00–4:00PM 🎵👐  
Hot Power • Max R.

4:00–5:15PM 🎵👐  
Flow • Max S.

6:15–7:15PM 🎵👐  
Relax & Renew • Daniel L.



Full Yoga Schedule

NEWTON  
BROOKLINE

PORTER SQ  
HARVARD SQ

BOSTON  
BACK BAY

🎵 Music in class

👐 May include hands on assists to consenting students