

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



*Winter 2025*

## MONDAY

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

12:00p • Strength & Balance • Sheri  
4:30p • Tabata • Jacqui N.  
5:30p • SOULfusion • Jackie G.

## TUESDAY

8:00a • Suite Circuit • Jess  
9:15a • Suite Blend • Jacqui N.

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

## WEDNESDAY

5:30a • Suite Circuit • Jess  
7:30a • Strength & Balance • Sheri  
9:15a • Suite & Strong • Jess

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

## THURSDAY

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

4:30p • Suite Circuit • Jacqui N.  
5:30p • Cardio Dance • Jenna  
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

## SATURDAY

8:30a • Barre • Emily B.

9:30a • Bootcamp • Jackie G.

## SUNDAY

8:30a • Shred + Sculpt • Jess  
9:30a • Cardio Dance (90 min) • Jenna

9:30a • Just Lift • Jess

*Read class descriptions at [thesuitestudio.fit/classes](https://thesuitestudio.fit/classes)*