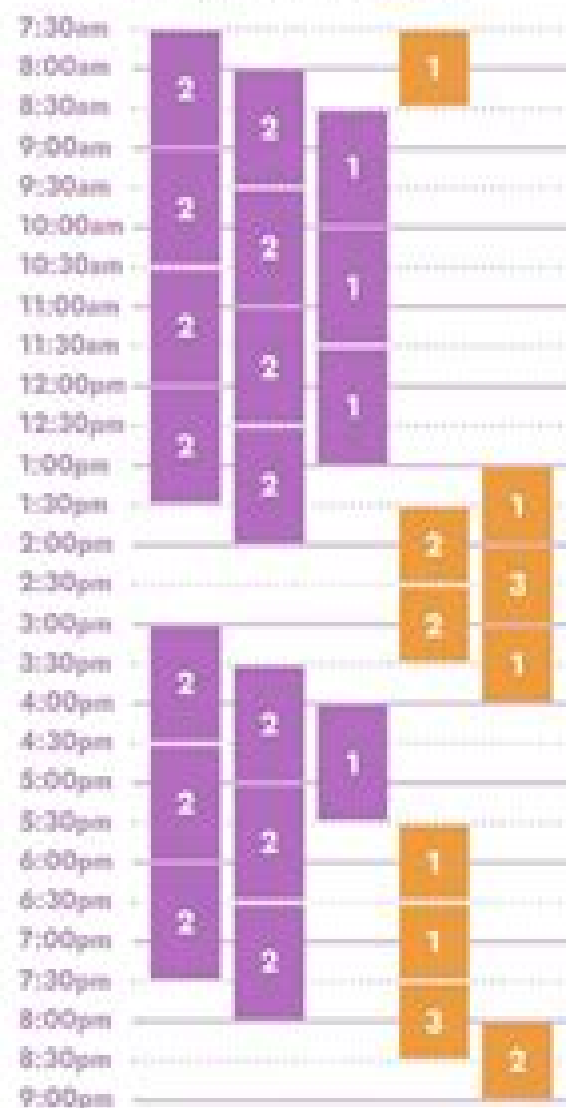
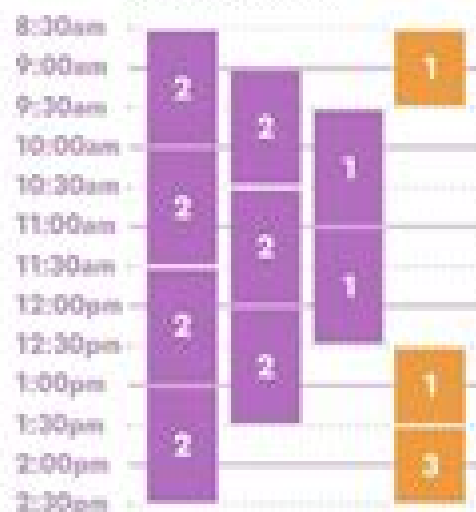


MONDAY-FRIDAY



This chart shows the updated start times for all sessions at the studio. You can now book either 60 min or 90 min classes at the following times. You can also book either online, on the phone or in person.

SATURDAY



SUNDAY



KEY



90 min.
session

60 min.
session

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