H = HYBRID CLASS: CLASS HELD IN-PERSON AND LIVE STREAMED

V = VIRTUAL CLASS: CLASS HELD VIRTUALLY ONLY FOR SPECIALTY MINDFULNESS AND FITNESS WORKSHOPS, PLEASE VISIT THE RCP WEBPAGE.

MONDAY

- Sunrise Cycle - Kerry 6:45 - 7:30 a.m.
- Triple M - Behnoosh 7:45 - 8:15 a.m. (V)
- Vinyasa Yoga - Meghna 8:30 - 9:30 a.m. (H)
- Boot Camp - Jeff 12:00 - 12:45 p.m. (H)
- Flow Yoga - Paula 12:00 - 1:00 p.m. (H)
- Street Style Jazz - Agi 5:00 - 6:00 p.m.
- Total Body - Christine S. 5:30 - 6:15 p.m. (H)
- Vinyasa w/ Meditation - Kayla 5:30 - 6:45 p.m. (H)
- Flow Yoga - Annika 6:00 - 7:00 p.m.
- Zumba - Kara 6:30 - 7:30 p.m.
- Cycle Sculpt - Danika 6:30 - 7:15 p.m.
- Deep Stretch - Taylor 7:00 - 8:00 p.m. (V)

TUESDAY

- HIIT - Christine P. 6:45 - 7:30 a.m. (H)
- Vinyasa Yoga - Behnoosh 6:45 - 7:45 a.m. (V)
- Flow Yoga - Daniela 7:45 - 8:45 a.m.
- Deep Stretch - Paula 12:00 - 1:00 p.m. (H)
- Triple M - Taylor 12:30 - 1:00 p.m. (V)
- Electro Cycle - Ben 4:30 - 5:15 p.m.
- Hip Hop - Alexa 5:30 - 6:30 p.m.
- Gentle Yoga - Daniela 6:00 - 7:00 p.m. (H)
- Core Conditioning - Christine P. 6:30 - 7:15 p.m. (H)
- HIIT - Maddie 6:45 - 7:30 a.m. (H)
- Flow Yoga - Ashwini 6:45 - 7:45 a.m. (V)
- Vinyasa Yoga - Meghna 7:45 - 8:45 a.m. (H)
- Gentle Yoga - Derek 12:00 - 1:00 p.m. (H)
- Meditation - Taylor 12:30 - 1:00 p.m. (V)
- Vinyasa Yoga - Derek 4:30 - 5:00 p.m. (H)
- Electro Cycle - Ben 4:30 - 5:15 p.m.
- Salsa - Alexa 5:30 - 6:30 p.m.
- Flow Yoga - Sammie 5:30 - 6:45 p.m. (H)
- Electro Cycle - Ben 6:00 - 6:45 p.m. (H)
- Flow Yoga - Meghna 6:00 - 7:00 p.m.
- Core Conditioning - Kiesha 6:30 - 7:15 p.m. (H)
- Flow Yoga - Meghna 6:00 - 7:00 p.m.
- Vinyasa Yoga - Meghna 7:45 - 8:45 a.m. (H)
- Vinyasa Yoga - Rubyna 7:00 - 8:00 p.m. (H)
- Zumba - Karen 7:30 - 8:30 p.m. (H)

WEDNESDAY

- Sunrise Cycle - Kerry 6:45 - 7:30 a.m.
- Vinyasa Yoga - Meghna 6:45 - 7:45 a.m. (V)
- Flow Yoga - Daniela 7:45 - 8:45 a.m.
- Deep Stretch - Paula 12:00 - 1:00 p.m. (H)
- Triple M - Ashwini 4:00 - 4:30 p.m. (V)
- Fight Fit - Sarah 4:30 - 5:15 p.m. (H)
- Total Body - Christine S. 5:30 - 6:15 p.m. (H)
- Modern Dance - Agi 5:30 - 6:30 p.m.
- Flow Yoga - Sammie 5:30 - 6:45 p.m. (H)
- Electro Cycle - Ben 6:00 - 6:45 p.m. (H)
- Vinyasa Yoga - Kayla 6:00 - 7:00 p.m.
- Deep Stretch - Rubyna 7:00 - 8:00 p.m. (H)
- Vinyasa Yoga - Rubyna 7:00 - 8:00 p.m. (H)

THURSDAY

- HIIT - Maddie 6:45 - 7:30 a.m. (H)
- Flow Yoga - Ashwini 6:45 - 7:45 a.m. (V)
- Vinyasa Yoga - Meghna 7:45 - 8:45 a.m. (H)
- Gentle Yoga - Derek 12:00 - 1:00 p.m. (H)
- Meditation - Taylor 12:30 - 1:00 p.m. (V)
- Vinyasa Yoga - Derek 4:30 - 5:00 p.m. (H)
- Electro Cycle - Ben 4:30 - 5:15 p.m.
- Salsa - Alexa 5:30 - 6:30 p.m.
- Flow Yoga - Sammie 5:30 - 6:45 p.m. (H)
- Flow Yoga - Meghna 6:00 - 7:00 p.m.
- Core Conditioning - Kiesha 6:30 - 7:15 p.m. (H)
- Flow Yoga - Meghna 6:00 - 7:00 p.m.
- Vinyasa Yoga - Meghna 7:45 - 8:45 a.m. (H)
- Vinyasa Yoga - Rubyna 7:00 - 8:00 p.m. (H)
- Zumba - Karen 7:30 - 8:30 p.m. (H)

FRIDAY

- Vinyasa Yoga - Derek 7:45 - 8:45 a.m. (H)
- Boot Camp - Kiesha 12:00 - 12:45 p.m. (H)
- Deep Stretch - Mandy 12:00 - 1:00 p.m. (H)
- Bollywood Dance - Ashwini 4:00 - 5:00 p.m. (V)
- Electro Cycle - Kerry 4:30 - 5:15 p.m.
- Zumba - Kara 4:30 - 5:30 p.m.
- Hip Hop - Jasmine 5:30 - 6:30 p.m. (H)
- Flow w/ Meditation - Rubyna 5:30 - 6:45 p.m. (H)
- Gentle Yoga - Rubyna 6:00 - 7:15 p.m. (H)

SATURDAY

- Flow Yoga - Taylor 10:00 - 11:00 a.m. (V)
- Total Body - Sarah 11:00 - 11:45 a.m. (H)
- Deep Stretch - Mandy 12:00 - 1:00 p.m. (H)
- Vinyasa Yoga - Derek 7:45 - 8:45 a.m. (H)
- Boot Camp - Kiesha 12:00 - 12:45 p.m. (H)
- Deep Stretch - Mandy 12:00 - 1:00 p.m. (H)
- Bollywood Dance - Ashwini 4:00 - 5:00 p.m. (V)
- Electro Cycle - Kerry 4:30 - 5:15 p.m.
- Zumba - Kara 4:30 - 5:30 p.m.
- Hip Hop - Jasmine 5:30 - 6:30 p.m. (H)
- Flow w/ Meditation - Rubyna 5:30 - 6:45 p.m. (H)
- Gentle Yoga - Rubyna 6:00 - 7:15 p.m. (H)

SUNDAY

- Vinyasa Yoga - Annika 10:00 - 11:00 a.m. (H)
- Cycle Sculpt - Maddie 10:30 - 11:15 a.m.
- Electro Cycle - Ben 6:30 - 7:15 p.m.
- Gentle Yoga - Rubyna 6:00 - 7:15 p.m. (H)
- Vinyasa Yoga - Meghna 7:45 - 8:45 a.m. (H)
- Boot Camp - Kiesha 12:00 - 12:45 p.m. (H)
- Deep Stretch - Mandy 12:00 - 1:00 p.m. (H)
- Bollywood Dance - Ashwini 4:00 - 5:00 p.m. (V)
- Electro Cycle - Kerry 4:30 - 5:15 p.m.
- Zumba - Kara 4:30 - 5:30 p.m.
- Hip Hop - Jasmine 5:30 - 6:30 p.m. (H)
- Flow w/ Meditation - Rubyna 5:30 - 6:45 p.m. (H)
- Gentle Yoga - Rubyna 6:00 - 7:15 p.m. (H)