

THE ROOFTOP

@ Pod Spa & Wellness

CLASS SCHEDULE

MONDAY

7:30am
8:45am
10:00am
11:00am
5:15pm
6:45pm

Total Ballet Body | Maryann Stevens
Qi Gong and Guided Meditation | Robin Zion
Full Body Bootcamp | Pasquale
Yoga Mashup | Katie Loughlin
Full Body Circuit | Molly Quinn
Pilates | Elizabeth Rasulo

TUESDAY

8:00am
10:00am
11:30am
5:30pm
6:45pm

Full Body Sculpt | Kimberly Rivera
Vinyasa Yoga | Stacey Hirschmann
Yin Yoga & Sound Bath | Stacey Hirschmann
Pilates | Nicolette Susi
HotSculpt | Nicolette Susi

WEDNESDAY

8:45am
10:00am
4:00pm
5:30pm
6:45pm
7:15pm

Dynamic Mobility | Maryann Stevens
Vinyasa Flow | Kristen Petliski
Kundalini Yoga & Meditation | Stacey Hirschmann
Warm Yin Yasa | Stacey Hirschmann
Yoga Nidra | Mary Scharf *
Pilates Sculpt | Daisy Willard

THURSDAY

9:00am
10:30am
5:00pm
6:30pm

Full Body Circuit | Nicolette Susi
Stretch & Strengthen | Kristen Petliski
Yin Yoga | Lindsay Pirozzi
Full Body Bootcamp | Pasquale

FRIDAY

7:30am
9:30am
4:00pm
5:45pm

Vinyasa Yoga | Lindsay Pirozzi
Heated Slow Flow | Stephanie Durso
Moving Meditation/ Qi Gong | Robin Zion
Yin Yoga | Lindsay Pirozzi

SATURDAY

8:00am
9:30am
11:00am

Pilates | Nicolette Susi
Flow & Meditate | Stacey Hirschmann
Salt, Sound & Soul | Jessica Sarter *

SUNDAY

8:15am
9:30am
10:30am

Salt, Sound & Peaceful Reset | Lindsay Pirozzi *
Salt, Sound & Peaceful Reset | Lindsay Pirozzi *
Sweat & Surrender Vinyasa | Katie Loughlin

KEY

**Classes will be in the Salt Cave*