

	BEGINNERS	CARDIO	ADDED HEAT	BALANCE	MEDITATION	JOINT HEALTH
MEDITATE	✓	●●●	●●●	●●●	●●●	●●●
RENEW	✓	●●●	●●●	●●●	●●●	●●●
DEEP	✓	●●●	●●●	●●●	●●●	●●●
SLOW	✓	●●●	●●●	●●●	●●●	●●●
FUSE	✓	●●●	●●●	●●●	●●●	●●●
ROOT	✓	●●●	●●●	●●●	●●●	●●●
FLIGHT		●●●	●●●	●●●	●●●	●●●
FLOW	✓	●●●	●●●	●●●	●●●	●●●
POWER		●●●	●●●	●●●	●●●	●●●
SCULPT	✓	●●●	●●●	●●●	●●●	●●●

Music is present in all classes and tempo matches the pace of class.