

spring '26 schedule

Spring: 12 week term
Begins week of March 30, 2026
Last classes on June 20, 2026

Cost: 1 class \$264 (\$276 after March 13)
2 classes \$475.20 (\$496.80 after March 13)

Key to Teachers:

Beth Paxson, LMT, E-RYT Alice Chang, RYT
Hope Fyfield, PT, E-RYT Karen Hearn, CIYT
Denise Jones, E-RYT Caroline Klug, PTA, RYT

Classes will be taught in the hybrid model, except those indicated with an * (in-studio only).

BEGINNING LEVELS

Day	Level	Time	Studio	Instructor
Monday	1	9:30 am - 11:00 am	A	Hope
Wednesday	1	11:30 am - 1:00 pm	A*	Hope
Saturday	1	10:00 am - 11:30 am	A	Hope
Monday	2	11:30 am - 1:00 pm	A	Hope
Tuesday	2	11:30 am - 1:00 pm	B	Denise
Thursday	2	11:30 am - 1:00 pm	B	Alice
Friday	2	10:15 am - 11:45 am	A	Beth
Tuesday	2-3	7:00 am - 8:30 am	A	Hope
Tuesday	2-3	9:30 am - 11:00 am	A	Hope
Thursday	2-3	9:30 am - 11:00 am	A	Denise

Bold indicates new class, teacher, time or level change

* In-Studio only

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ATHLETES INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Wednesday	A3-4	6:30 pm - 8:00 pm	A	Beth

INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Tuesday	3	9:30 am - 11:00 am	B	Denise
Tuesday	3	6:00 pm - 7:30 pm	A	Beth
Friday	3	12:15 pm - 1:45 pm	A	Beth
Saturday	3	8:00 am - 9:30 am	A	Hope
Monday	3-4	6:00 pm - 7:30 pm	A	Caroline
Tuesday	3-4	11:30 am - 1:00 pm	A	Hope
Wednesday	3-4	9:30 am - 11:00 am	A	Hope
Wednesday	3-4	5:30 pm - 7:00 pm	B	Caroline
Thursday	3-4	11:30 am - 1:00 pm	A	Beth
Friday	I2/4*	8:15 am - 9:45 am	A	Karen

Bold indicates new class, teacher, time or level change

*I2/4 = Iyengar Level 2/PYC Level 4



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