

Come workout with us!

Fitness Class Schedule

Meet on the upper lobby level, by the yellow couch in front of Azabu

DAY AND TIME	NAME	DESCRIPTION
SUNDAYS 9:00am	KINETIC CONTROL	Keeping the muscles of the core strong, Improving mobility and spinal trunk stability. Focusing on flexibility and balance as well to further improve muscle and joint movement. - Open to all levels.
MONDAYS 8:30am	CARDIO RESISTANCE	Energizing all-level cardio resistance class combining heart-pumping intervals with strength training to boost endurance, burn calories, and build lean muscle in a supportive environment.
TUESDAYS 8:30am	RESTORATIVE SADHANA	Pilates Fusion blends core strengthening, flexibility and strength exercises for a full body, low-impact workout.
WEDNESDAYS 8:30am	MINDFULNESS YOGA	Mindfulness Yoga uses breath work, gentle movement and meditation to promote relaxation, focus, and mental clarity.
THURSDAYS 8:30am	METABOLIC TRAINING	Boost calorie burn through high intensity intervals, enhancing endurance, strength, and overall metabolic function.
FRIDAYS 8:30am	REIKI ENERGY HEALING	Through calming breath work, peaceful affirmations, meditation, the healing power of Reiki energy, and the grounding essence of crystals, you'll be guided into a state of deep relaxation and a complete reset for mind, body, and spirit. Open to all levels—no prior experience needed.
SATURDAYS 8:00am	BEACH BOOT CAMP	Beachside drills and circuit games for all fitness levels. Combines strength, cardio, and agility exercises to improve endurance, power and overall fitness.

STANTON