



CLASS SCHEDULE SPRING 2026

Mon. 11AM | Online w/Brian
630PM | In-Person w/Tiffany

Tue. 630PM | In-Person w/Tiffany
7PM | Online w/Brian

Wed. 630pm | In-Person w/Brian

Thur. 2PM | Online w/ Mapuana
& Jonah
630PM | In-Person w/Brian

Fri. 1PM | In-Person w/Brian
and Marc

Sat. 2PM | INTENSIVE

Sun. No Class