



CLASS SCHEDULE WINTER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am <i>Coming Soon!</i>		6 am <i>Coming Soon!</i>		6 am <i>Coming Soon!</i>		
7 am Anka 101	6:30 am NEW Anka 101	7 am Anka Plus	6:30 am Anka 101	7 am Anka 101	7 am Anka 101	7 am NEW Anka 101
8 am <i>Coming Soon!</i>	7:30 am NEW Anka plus	8 am Anka 101	7:30 am Anka Plus	8 am Anka Flex	8 am Anka Flex	8 am Anka Plus
9 am Anka 101	8:30 am NEW Mobility	9 am Anka Plus	8:30 am Anka Flex	9 am Anka 101	9 am Anka 101	9 am Anka 101
10 am Anka Plus	9:30 am Anka 101	10 am Anka 101	9:30 am Anka 101	10 am Mobility	10 am Anka Plus	10 am Anka Flex
11 am Mobility	10:30 am Anka Flex	11 am Cardio	10:30 am Mobility	11 am NEW Anka Plus	11 am NEW Anka 101	11 am Cardio
12 pm Anka 101	11:30 am Anka Plus	12 pm Anka Flex	11:30 am Anka 101	12 pm Anka 101	12 pm Anka Plus	12 pm Anka Plus
	12:30 pm Anka 101	1 pm Anka 101	12:30 pm Anka Plus		1 pm Anka 101	1 pm Anka 101
	4:30 pm Anka 101		4:30 pm Anka 101	4 pm Anka 101		
5 pm Anka 101	5:30 pm Mobility	5 pm Anka 101	5:30 pm Anka Plus	5 pm Anka Flex		
6 pm Anka Flex	6:30 pm Anka Plus	6 pm Anka Plus	6:30 pm Anka 101	6 pm Anka 101		
7 pm Anka Plus	7:30 pm Anka 101	7 pm NEW Anka Advanced	7:30 pm Anka Flex	7 pm <i>Coming Soon!</i>		
8 pm NEW Anka 101		8 pm NEW Anka 101				

Schedule subject to change based on holidays and special events.

- All level Classes
- Level 2 classes
- NEW Starting 1ST week of November
- Level 3 classes, Starting Nov 12.

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