



Grounding Spot

MENTAL FITNESS CLUB

CLASS SCHEDULE

MONDAY

- 7:00 am - 7:30 am Fire Breath
- 7:30 am - 8:00 am Go-Getter Meditation
- 9:00 am - 9:25 am Sweat Detox Meditation
- 9:30 am - 11:00 am Hot Yoga 26/2
- 9:30 am - 10:00 am Red Light Meditation
- 11:30 am - 1:00 pm Self-Discovery (1st Mon)*
- 1:30 pm - 2:00 pm Meditation for Anxiety
- 2:30 pm - 3:30 pm Parenting ADHD (2nd Mon)*
- 3:30 pm - 4:30 pm Hyperbaric Meditation
- 4:00 pm - 5:00 pm Gentle Yoga
- 5:00 pm - 5:30 pm Red Light Meditation
- 5:30 pm - 6:00 pm De-Stress with Sound
- 6:30 pm - 7:30 pm Warm Vinyasa Yoga

TUESDAY

- 7:00 am - 8:30 am Hot Yoga 26/2
- 7:30 am - 8:00 am Rise & Thrive Meditation
- 8:30 am - 9:00 am Red Light Meditation*
- 9:00 am - 10:30 am Hot Yoga 26/2
- 11:00 am - 12:00 pm Vinyasa Yoga
- 12:00 pm - 1:00 pm Stress Eraser Breath & Sound
- 1:00 pm - 2:00 pm Presence through Pilates
- 2:30 pm - 3:30 pm Conscious Journaling*
- 4:00 pm - 5:00 pm Mindset Reset with Sound
- 5:00 pm - 6:00 pm Tai Chi & Qigong for Beginners
- 6:00 pm - 6:30 pm Reframing Depression Meditation
- 6:30 pm - 7:00 pm Stillness Meditation
- 7:00 pm - 8:30 pm Living Your Best Life (4th Tues)*

WEDNESDAY

- 7:30 am - 8:30 am Stretch & Zen Out
- 8:00 am - 9:00 am Meditation for Abundance
- 8:00 am - 9:00 am Hyperbaric Meditation*
- 8:30 am - 9:00 am Red Light Meditation*
- 9:00 am - 10:30 am Hot Yoga Fusion
- 11:00 am - 12:00 pm Somatic Yoga
- 1:30 pm - 2:00 pm Aging Joyfully Meditation
- 2:30 pm - 3:30 pm Tai Chi & Qigong for Beginners
- 4:00 pm - 5:00 pm Gentle Yoga
- 5:30 pm - 6:00 pm De-Stress with Sound
- 5:30 pm - 6:30 pm Warm Vinyasa
- 6:30 pm - 7:00 pm Silent Meditation
- 6:30 pm - 8:00 pm Men's Circle*

THURSDAY

- 7:00 am - 7:30 am Silent Meditation
- 7:00 am - 8:30 am Hot Yoga 26/2
- 7:30 am - 8:00 am Start Your Day with Sound
- 9:00 am - 10:30 am Hot Yoga 26/2
- 11:00 am - 12:00 pm Vinyasa Yoga
- 12:00 pm - 1:00 pm Sound for Abundance
- 1:30 pm - 2:00 pm Power over Addiction Meditation
- 2:30 pm - 3:30 pm Presence through Pilates
- 5:30 pm - 6:30 pm Warm Vinyasa
- 5:30 pm - 6:30 pm The Gratitude Walk & Stretch
- 6:00 pm - 7:00 pm Meditation for Deep Sleep



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FRIDAY

7:00 am - 7:30 am Fire Breath
7:30 am - 8:00 am Go-Getter Meditation
8:00 am - 9:00 am Sound Healing for Anxiety
9:30 am - 11:00 am Hot Yoga 26/2
11:30 am - 12:30 pm Presence through Movement
12:00 pm - 1:00 pm Healthy & Whole Meditation
2:00 pm - 3:00 pm Tai Chi & Qigong for Beginners
4:00 pm - 5:00 pm Gentle Yoga
4:00 pm - 5:00 pm Hyperbaric Meditation*
4:30 pm - 5:00 pm Red Light Meditation*
5:00 pm - 5:30 pm Red Light Meditation*
5:00 pm - 6:00 pm De-Stress with Sound Therapy
5:30 pm - 6:30 pm Presence through Pilates
6:00 pm - 8:30 pm Hypnotic Breath & Sound (3rd Fri)*

SATURDAY

7:00 am - 8:30 am Hot Yoga 26/2
7:30 am - 8:00 am Rise & Thrive Meditation
8:00 am - 8:30 am Silent Meditation
9:00 am - 9:30 am Red Light Meditation*
9:00 am - 10:00 am Hyperbaric Meditation*
9:00 am - 10:00 am The Gratitude Walk & Stretch
9:00 am - 10:30 am Hot Yoga 26/2
11:00 am - 12:00 pm Gentle Yoga
12:00 pm - 12:30 pm Stress Eraser Breath & Sound
12:30 pm - 2:00 pm Art of Living Art Therapy Workshop*
2:00 pm - 3:00 pm Kids Meditate FREE
4:00 pm - 5:00 pm Hyperbaric Meditation*
6:00 pm - 6:30 pm Reframing Depression Meditation
6:00 pm - 7:00 pm Tai Chi & Qigong for Beginners
6:00 pm - 7:00 pm Presence Workshop (2nd Sat)

SUNDAY

7:00 am - 7:30 am Rise & Thrive Meditation
7:00 am - 7:30 am Silent Meditation
7:30 am - 8:30 am Presence through Pilates
9:00 am - 10:30 am Hot Yoga Fusion
11:00 am - 12:00 pm Gentle Yoga
12:00 pm - 12:30 pm Stillness Meditation
12:30 pm - 1:00 pm Deep Relaxation Meditation
12:30 pm - 2:00 pm Law of Attraction Workshop (4th Sun)
2:30 pm - 3:30 pm Conscious Journaling (1st Sun)*
4:00 pm - 5:00 pm Mindset Reset with Sound Healing
5:00 pm - 6:00 pm Women's Circle
6:00 pm - 6:30 pm Reframing Depression Meditation
6:00 pm - 7:00 pm Tai Chi & Qigong for Beginners
6:30 pm - 7:00 pm Dopamine Booster Meditation

*Included as a drop in class or in Journey Memberships.

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