

TIH WELLNESS CLASSES			
MONDAY			
8:15 - 9:15am	VINYASA FLOW	janine carey	movement studio
9:30 - 10:20am	HIIT X STRENGTH	blair adams	movement studio
11:00 - 11:50pm	GROUP REFORMER*	kathryn stoneman	the well
5:15 - 6:05pm	GROUP REFORMER*	kathryn stoneman	the well
5:30 - 6:30pm	MAT PILATES	kara higgs-smith	movement studio
6:45 - 7:45pm	YIN YOGA	whitney fowler	movement studio
TUESDAY			
7:00 - 8:00am	VINYASA FLOW	craig smith	movement studio
8:15 - 9:05am	BARRE	britni knowles	movement studio
9:30 - 10:15am	STRENGTH SURGE	tarentee laing	movement studio
12:00 - 12:50pm	GROUP REFORMER*	kathryn stoneman	the well
5:30 - 6:20pm	BARRE	britni knowles	movement studio
WEDNESDAY			
6:00 - 7:00am	SWIM FIT	blue swim	pool
8:15 - 9:15am	YOGALATES	janine carey	movement studio
9:30 - 10:30am	AERIAL YOGA sleeves required & experience suggested	janine carey	movement studio
12:00 - 12:50pm	MAT PILATES	kathryn stoneman	movement studio
5:15 - 6:05pm	GROUP REFORMER*	kathryn stoneman	the well
5:30 - 6:30pm	VINYASA FLOW	mykah smith	movement studio
THURSDAY			
8:15 - 9:05am	BARRE	britni knowles	movement studio
9:30 - 10:15am	STRENGTH SURGE	tarentee laing	movement studio
12:00 - 12:50pm	GROUP REFORMER*	kathryn stoneman	the well
5:30 - 6:20pm	BARRE	britni knowles	movement studio
FRIDAY			
9:30 - 10:20am	LATIN FIT FRIDAYS	janine carey	movement studio
10:30 - 11:15am	HIIT	britni knowles	movement studio
11:00 - 11:50pm	GROUP REFORMER*	kathryn stoneman	the well
12:00 - 12:50pm	MAT PILATES	kathryn stoneman	movement studio
SATURDAY			
9:00 - 9:45am	CARDIO SCULPT	britni knowles	movement studio
9:00 - 9:50am	GROUP REFORMER*	kathryn stoneman	the well
SUNDAY			
10:00 - 11:00am	SLOW FLOW YOGA	mykah smith	movement studio
STATUS: NOVEMBER 2025 *GROUP REFOMER CLASSES require an extra fee, please email wellness@the-island-house.com for more info			