Effective November 1, 2026

Group Fitness Schedule

MONDAY

7:30-8:30am	Pilates Mat	Michaela V.	1
12:00-12:50pm	HIT Cycle	Jennifer T.	C
5:00-6:00pm	Pilates Mat	Aleta Z.	3
5:00-6:00pm	Studio Strength	Pete E.	2
5:30-6:00pm	HIT Cycle Express	TBD	C
6:15-7:15pm	Cycle Fusion	Pete E.	C
6:15-7:15pm	Pilates Barre Fusion	Kat F.	1
6:30-7:30pm	BODYPUMP	Liz C.	2
6:30-7:30pm	Yoga Multi-Level	Renee K.	3

TUESDAY

6:00-7:00am	BODYPUMP	Chelsea S.	2
7:00-8:00am	Vinyasa Flow Yoga	Mindy G.	3
11:00-12:00pm	Studio Strength	Alexander E.	2
12:00-1:00pm	Vinyasa Flow Yoga	Erica M.	3
5:00-5:45pm	CEREMONY HYROX	Jennifer T.	2
5:30-6:30pm	Pilates Barre Fusion	Aleta Z.	1
5:30-6:30pm	Yoga Multi-Level	Therese C.	3
6:00-6:50pm	HIT Cycle	Jennifer T.	C
6:30-7:30pm	BODYPUMP	Sophia L.	2
6:45-7:45pm	Yoga Sculpt	Delaney M.	3

WEDNESDAY

6:30-7:15am	CEREMONY HYROX	Mackenzie C.	2
6:30 – 7:30am	Yoga Sculpt	Aleta Z.	3
9:30-10:30am	Pilates Fusion	Kat F.	3
10:30-11:15am	Tread & Shred	Kat F.	CF
12:00-1:00pm	Pilates Fusion	Mindy G.	3
5:15-6:15pm	Pilates Mat	Kayce H.B.	3
5:30-6:30pm	BODYPUMP	Cedric T.	2
5:30-6:00pm	HIT Cycle Express	TBD	C
6:30-7:30pm	Barre	Aleta Z.	1
7:00-8:00pm	Yoga Multi-Level	Renee K.	3

THURSDAY

6:00-7:00am	BODYPUMP	Sharon T.	2
12:00-1:00pm	Barre	Therese C.	1
12:00-12:45pm	Studio Strength	Kat F.	2
5:00-6:00pm	Pilates Mat	Michaela V.	3
5:30-6:20pm	HIT Cycle	Jonathan S.	C
5:30-6:30pm	Pilates Barre Fusion	Aleta Z.	1
6:15-7:15pm	BODYPUMP	Yessenia A.	2
6:30-7:30pm	Hatha Yoga	Stephanie S.	3

FRIDAY

9:30-10:15am	Tread & Shred	Kat F.	CF
10:15-11:15am	Pilates Fusion	Kat F.	3
12:00-1:00pm	Ballet Burn	Mindy G.	2
12:00-12450pm	Studio Strength	Michael N.	1
12:30-1:30pm	Yoga Sculpt	Laura D.	3
3:00-4:00pm	Yoga Multi-Level	Kristen D.	3

SATURDAY

8:30-9:30am	BODYPUMP	Kate K.	2
8:30-9:30am	Yoga Multi-Level	Kathy P.	3
10:00-10:45am	CEREMONY HYROX	Mackenzie C.	2
10:00-10:50am	HIT Cycle	Yessenia A.	C
11:00-11:30am	Les Mills CORE	Yessenia A.	2
11:00-12:00pm	Pilates Mat	Madeleine C.	3
12:30-1:30pm	Zumba	Cedric T.	1

SUNDAY

9:00-9:50am	CEREMONY HYROX	Reyna S.	2
10:00-11:00am	BODYPUMP	Yessenia A.	2
10:30-11:30am	Yoga Multi-Level	Kelly P.	3
11:00-12:00pm	Pilates Fusion	Kat F.	1
12:00-1:00pm	Barre BURN	Kat F.	1