



Group Fitness Schedule

Effective April 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

6:00 - 6:50 am	HIT Cycle	Julie S. C
10:00 - 11:00 am	Barre	Kat F. 2
12:00 - 12:45 pm	HIIT + Hard Core	Jody B. 1
5:30 - 6:20 pm	HIT Cycle	Erica S. C
5:30 - 6:45 pm	Vinyasa Flow Yoga	Laura D. 2
6:00 - 7:00 pm	BODYATTACK	Luis S. 1

Tuesday

6:00 - 7:00 am	BODYPUMP	Cynthia D. 1
9:30 - 10:15 am	Studio Strength	Traci C. 1
9:30 - 10:30 am	Yoga Sculpt	Carol S. 2
10:30 - 11:30 am	BODYPUMP	Katie D. 1
12:00 - 12:30 pm	Row360	Julie S. R
12:30 - 1:00 pm	Tread & Shred	Julie S. CF
5:30 - 6:20 pm	HIT Cycle	Donna P. C
6:00 - 7:00 pm	BODYPUMP	Arbie B. 1
6:00 - 7:00 pm	Pilates Mat	Penny S. 2

Wednesday

6:00 - 6:50 am	HIT Cycle	Stacey H. C
9:30 - 10:30 am	Barre Burn	Mindy G. 2
11:00 - 11:45 am	BODTATTACK Express	Ismaila M. 1
5:00 - 5:30 pm	HIIT	Laura D. 1
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. 2
5:45 - 6:30 pm	Row 360	Chantal R. R
6:00 - 7:00 pm	Boxing Challenge	Frank R. 1

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Thursday

6:00 - 7:00 am	BODYPUMP	Joey H. 1
9:00 - 10:00 am	Yoga (Multi-Level)	Selima H. 2
10:15 - 11:15 am	Pilates Fusion	Kat F. 2
11:00 - 12:00 pm	Aqua TBT	Penny S. P
12:00 - 12:45 pm	Row360	Julie S. R
5:00 - 5:45 pm	BODYPUMP Express	Therese C. 1
5:30 - 6:30 pm	Yoga (Multi-Level)	Becky R. 2
6:00 - 6:50 pm	HIT Cycle	Stefania B. C
6:45 - 7:45 pm	Pilates Mat	Aleta Z. 2

Friday