

FALL 2026 Group Fitness Schedule

MONDAY

CYCLE 30
6:30-7 AM
Grace

PILATES
6:45-7:30 PM
Maddie

CARDIO HIP HOP
8:15-9:00PM
Sydney

TUESDAY

BUTTZ & GUTZ
4:30-5:15 PM
Andrea

CYCLE 45
5-5:45 PM
Piper

CYCLE AND CORE
6-6:45 PM
Rachel

PILATES
7-7:45 PM
Maleah

WEDNESDAY

PILATES
4-4:30PM
Maleah

CYCLE 45
6:30-7:15 PM
Grace

GENTLE YOGA
7-7:30 PM
Piper

THURSDAY

CYCLE 30
6-6:30 AM
Rachel

CYCLE 45
5-5:45 PM
Piper

PILATES
6-6:45 PM
Maleah

BARRE
7-7:30 PM
Sydney

CARDIO HIP HOP
8-8:45 PM
Sydney

FRIDAY

SCULPT
7-7:45 AM
Andrea

JUMPSTART
8-8:45 AM
Andrea

CYCLE 45
5-5:45 pM
Piper

SATURDAY

CYCLE 45
10-10:45 AM
Piper

STUDIO 1

STUDIO 2

STUDIO 3



@kstaterec

AUGUST 31-DECEMBER 12

(Tentative)

