

FALL 2025

GROUP FITNESS SCHEDULE

MONDAY

YOGALATES

615 - 7 AM
RYLEE

BUTTZ & GUTZ

6 - 645 PM
KELCIE

LIFT & FLOW

615 - 715 PM
BELLA

CYCLE 45

7 - 745 PM
ALLY

INTERMEDIATE YOGA

730 - 830 PM
JULIA

CARDIO HIP HOP

8 - 845 PM
SYDNEY

TUESDAY

CYCLE 45

6 - 645 AM
ELLY

BOOTCAMP

615 - 7 AM
ANDREA

PILATES XPRESS

630 - 7 AM
KELCIE

MORNING YOGA FLOW

8 - 845 AM
JENNY

JUMPSTART

8 - 845 AM
ANDREA

PILATES

530 - 615 PM
RYLEE

CYCLE 45

530 - 615 PM
PIPER

CARDIO HIP HOP

7 - 8 PM
KELCIE

CYCLE & CORE

7 - 745 PM
RACHEL

GENTLE YOGA

730 - 830 PM
JULIA

WEDNESDAY

CYCLE 30

630 - 7 AM
ELLY

RISE & SHINE YOGA

645 - 730 AM
JULIA

CYCLE 45

530 - 615 PM
PIPER

ABS & ARMS

6 - 645 PM
KELCIE

BARRE

630 - 715 PM
SYDNEY

FUNCTIONAL TRAINING

630 - 715 PM
ALLY

CYCLE 45

7 - 745 PM
GRACE

INTERMEDIATE YOGA

730 - 830 PM
JULIA

THURSDAY

CYCLE 30

630 - 7 AM
RACHEL

PILATES

630 - 715 AM
JULIA

CYCLE 30

715 - 745 AM
GRACE

MORNING YOGA FLOW

8 - 845 AM
JENNY

JUMPSTART

8 - 845 AM
ANDREA

PUMPED UP STRENGTH

430 - 515 PM
BELLA

PILATES

530 - 615 PM
RYLEE

CYCLE 45

530 - 615 PM
PIPER

SATURDAY

WAKE UP FLOW

10 - 11 AM
TEYA

*SUBJECT TO CHANGE
BASED ON FOOTBALL
SATURDAY GAME DAY
SCHEDULE

STUDIO 1

STUDIO 2

STUDIO 3

ZONES 4 & 5