

SPRING 2026

GROUP FITNESS SCHEDULE

MONDAY

CYCLE 30
630 - 7 AM
RACHEL

CYCLE 45
715 - 8 AM
ALLY

CYCLE 45
5:30 - 615 PM
PIPER

MIXED LEVELS FLOW
6 - 6:45 PM
ABBY

PILATES XPRESS
730 - 8 PM
MALEAH

CARDIO HIP HOP
8 - 845 PM
SYDNEY

TUESDAY

CYCLE 45
630 - 715 AM
PIPER

BARRE
7 - 745 AM
SYDNEY

MORNING YOGA FLOW
8 - 845 AM
JENNY

CYCLE 45
530 - 615 PM
RACHEL

PILATES
6:30 - 715 PM
MALEAH

GENTLE YOGA
730 - 830 PM
JULIA

WEDNESDAY

RISE & SHINE YOGA
630 - 715 AM
JULIA

JUMP START
8 - 845 AM
ANDREA

BUTTZ & GUTZ
5:30 - 615 PM
ANDREA

CYCLE 45
5:30 - 615 PM
PIPER

FUNCTIONAL TRAINING
630 - 715 PM
ALLY

PILATES
6:30 - 715 PM
MALEAH

CYCLE 45
7 - 745 PM
GRACE

INTERMEDIATE YOGA
730 - 830 PM
JULIA

CARDIO HIP HOP
8 - 845 PM
SYDNEY

THURSDAY

CYCLE 30
630 - 7 AM
GRACE

PILATES
630 - 715 AM
JULIA

MORNING YOGA FLOW
8 - 845 AM
JENNY

CYCLE 45
6 - 645 PM
PIPER

PILATES
630 - 715 PM
RYLEE

FRIDAY

JUMPSTART
8 - 845 AM
ANDREA

SUNDAY

MIXED LEVELS FLOW
4:30 - 5:15 PM
TEYA

MOBILITY & RECOVERY
7 - 7:30 PM
ALLY

STUDIO 1

STUDIO 2

STUDIO 3

ZONES 4 & 5