

GROUP FITNESS SCHEDULE



	MON	TUE	WED	THU	FRI	SAT
7 AM		NEW CALISTHENICS DREW				
8 AM	SMALL GROUP TOMMY		SMALL GROUP TOMMY	NEW MOBILITY DREW	SMALL GROUP TOMMY	
9 AM	SHINE & UPLIFT AMY	SPIN CYCLE MEREDITH	SHINE & UPLIFT AMY	SPIN CYCLE KYRA	SILVER SHOES TOMMY	CORE STRENGTH & SCULPT TOMMY
10 AM				★ STRETCH DREW	NEW Health Talks Dr Luke	STRETCH TOMMY
11:30 AM	FLOW MOVEMENT KYRA			Time change		
5:30 PM	ZUMBA MAGGIE	NEW H.I.I.T. MEREDITH	FIT TO FIGHT RUTH	NEW H.I.I.T. MIRIAN		
6:30 PM	UPLIFT STRENGTH & FITNESS AMY		UPLIFT STRENGTH & FITNESS AMY	AFRICAN DANCE KYRA		



as of 4.1.2025