



GROUP FITNESS SCHEDULE

SPRING SEMESTER 2025



MON	Sweat Cycle 6:30am w/ Daria	Full Body Spin 12:00pm w/ Ava	Hip Hop Dance 5:00pm w/ Shelby	Power Yoga 6:00pm w/ Taylor	Barre Fusion 7:00pm w/ Brielle	Line Dancing 8:00pm w/ Brielle
TUE	Cycle & Strength 6:30am w/ Mely	Pilates 12:00pm w/ Leah	HIIT Cycle 5:00pm w/ Mackenzie	Cycle & Strength 6:00pm w/ Mary	Sonic Cycle 7:00pm w/ Gracie	Hip Hop Dance 8:00pm w/ Shelby
WED	Sunrise Yoga 6:30am w/ Izzy	Strength & Stretch 12:00pm w/ Beata	Spin & Sculpt 5:00pm w/ Kate	Power Yoga 6:00pm w/ Taylor	Power Cycle 7:00pm w/ Ellie	Contemporary Dance 8:00pm w/ Shelby
THUR	Cycle & Strength 6:30am w/ Mely	Pilates 12:00pm w/ Leah	HIIT Cycle 5:00pm w/ Mackenzie	Cycle & Strength 6:00pm w/ Mary	Sonic Cycle 7:00pm w/ Gracie	Power Yoga 8:00pm w/ Izzy
FRI	Spin & Sculpt 6:30am w/ Kate	Full Body Spin 12:00pm w/ Ava				
SAT	Power Cycle 9:30am w/ Ellie					
SUN	HIIT Cycle 4:00pm w/ Gracie					

RESERVE YOUR SPOT
IN A CLASS TODAY!

