

Group Fitness Schedule: May 4th – September 20th 2026

*Schedule is subject to change. Please check online for the latest updates.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|
| 5:45 - 6:30am Strength at Sunrise Adriana CoreFit Studio | 5:45 - 6:30am Pilates (Warm) Adriana Yoga Studio | 5:45 - 6:30am Morning Mash-Up Adriana CoreFit Studio | 5:45 - 6:30am Pilates & Stretch Adriana CoreFit Studio | 5:45 - 6:30am Morning Mash-Up Adriana CoreFit Studio | 8:15 - 9:15am Choreo Cycle Lil Spin Studio |
| 9:15 - 10:15am Cardio Intensity Lisa H. CoreFit Studio | 9:00 - 10:00am Power Flow Stefanie Yoga Studio | 9:00 - 10:00am Pilates Stefanie Yoga Studio | 5:45 - 6:30am Cycle Paths Heather Spin Studio | 9:15 - 10:15am Step it Up! Emily-Rose CoreFit Studio | 8:30 - 9:30am Pilates Stefanie Yoga Studio |
| 10:30 - 11:30am Slow Flow Yoga Bobbi Yoga Studio | 9:15 - 10:15am Tabata Anne CoreFit Studio | 9:15 - 10:15am 20/20/20 Emily-Rose CoreFit Studio | 9:00 - 10:00am Pilates (Warm) Adriana Yoga Studio | 10:30 - 11:30am Stretch & Unwind Ann Yoga Studio | 10:00 - 11:00am Yoga Flow + Susan Yoga Studio |
| 10:30 - 11:30am Step it Up! Lisa H. CoreFit Studio | 10:30 - 11:30am Muscle & Mobility Tasha CoreFit Studio | 10:30 - 11:30am Slow Flow Yoga Bobbi Yoga Studio | 9:15 - 10:15am Cardio + Strength Emily-Rose CoreFit Studio | 10:30 - 11:30am Movement Restoration Rick CoreFit Studio | Sunday |
| 12:00 - 12:45pm Chair Yoga Bobbi Yoga Studio | 10:30 - 11:30am Pilates Stefanie Yoga Studio | 10:30 - 11:30am Strength & Stability Rick CoreFit Studio | 10:30 - 11:30am Morning Flow Cara Yoga Studio | 11:45am - 12:30pm Gentle Fit Rick CoreFit Studio | |
| 4:45 - 5:45pm Power Hour Steve S. CoreFit Studio | 4:45 - 5:45pm Cardio + Strength Emily-Rose CoreFit Studio | 12:00 - 12:30pm Gentle Spin Heather Spin Studio | 10:30 - 11:30am Dance Fitness Ann CoreFit Studio | 12:10 - 12:55pm Power Up Tabata Cycle Chris B. Spin Studio | 10:00 - 11:00am Slow Flow Jessie Yoga Studio |
| 5:45 - 6:45pm Pilates Robyn Yoga Studio | 5:30 - 6:30pm Barre Nicole Yoga Studio | 4:45 - 5:45pm Power Hour Steve S. CoreFit Studio | 6:00 - 7:00pm Yoga Flow Sheona Yoga Studio | | |
| 5:45 - 6:45pm Power Hour Steve S. CoreFit Studio | 6:00 - 7:00pm Power Up Tabata Cycle Chris B. Spin Studio | 5:45 - 6:45pm StrOgaLates Robyn Yoga Studio | | | |
| 6:00 - 7:00pm Drills & Hills Steve W. Spin Studio | 7:00 - 8:00pm Stretch & Unwind Sheona Yoga Studio | 5:45 - 6:45pm Power Hour Steve S. CoreFit Studio | | | |
| 7:15 - 8:15pm Stretch & Unwind (Warm) Lisa R. Yoga Studio | | 6:00 - 7:00pm Drills & Hills Steve W. Spin Studio | | | |
| | | 7:15 - 8:15pm Yin-Restorative (Warm) Lisa R. Yoga Studio | | | |

