

GROUP FITNESS CLASS SCHEDULE 2025

MONDAYS

12:00 PM
HIIT

(STUDIO 1)

4:15pm
Yoga

(STUDIO 1)

5:30 PM
YOGA

(STUDIO 1)

THURSDAYS

7:00 AM
FIT 1/20

(STUDIO 1)

8:00 AM
AM Bootcamp

(STUDIO 1)

5:00PM
Summer Youth Class

(STUDIO 1)

6:00PM
Total Body conditioning

(STUDIO 1)

TUESDAYS

7:00 AM
FIT 1/20

(STUDIO 1)

8:00 AM
AM BOOTCAMP

(STUDIO 1)

12:15PM
ABS ON FIRE

(STUDIO 1)

6:00PM
Total Body conditioning

(STUDIO 1)

FRIDAYS

4:00 PM
**BEGINNER / INTERMEDIATE
BOXING**

(STUDIO 2)

5:00PM
Summer Youth Class

(STUDIO 2)

6:00 PM
ADVANCED BOXING

(STUDIO 2)

WEDNESDAYS

12:00 PM
ZUMBA

(STUDIO 1)

4:00 PM
YOGA

(STUDIO 1)

5:00 PM
ZUMBA

(STUDIO 1)

6:30PM
BOOTCAMP

(STUDIO 1)

SATURDAY

10:00AM
ZUMBA

(STUDIO 1)

11:30AM
GLUTES & GUTS

(STUDIO 1)

