



GROUP EXERCISE SCHEDULE

AUGUST 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7:15 am - Studio A Lauren	YOGA 6:00 am - Studio B Jen	BOOTCAMP 6:00 am - Studio A Bridgette	YOGA 6:00 am - Studio B Jen	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	FLOW YOGA 8:00 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah
VIVE CYCLE 8:00 am - Cycle Studio Ande	SUNRISE CYCLE 6:00 am - Cycle Studio Bridgette	VIVE CYCLE 8:00 am - Cycle Studio Jan	BOOTCAMP 6:00 am - Studio A Sarah	VIVE CYCLE 8:00 am - Cycle Studio Ande	BOOTCAMP 8:00 am - Studio A Brigette P.	MAT PILATES 9:00 am - Studio A Maria
SCULPT 8:15 am - Studio A Jan	CARDIO & CORE 8:00 am - Studio A Brigette P.	TURNED UP 8:00 am - Studio A Ande	MAT PILATES 8:00 am - Studio A Maria	BOOTCAMP 8:00 am - Studio A Bridgette	VIVE CYCLE 8:30 am - Cycle Studio Liz	VIVE CYCLE 9:00 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Bridgette	FIT BARRE 8:15 am - Studio B Lori	SCULPT 9:00 am - Studio A Kitty	VIVE CYCLE 8:15 am - Cycle Studio Amy	SCULPT 9:00 am - Studio A Kitty	DANCE FITNESS 9:00 am - Studio A Vanessa	BOOTCAMP 10:00 am - Studio A Ande
YOGA 9:30 am - Studio B Elyse	SWEAT & SCULPT 9:15 am - Studio A Bridgette	YOGA 9:30 am - Studio B Alison	STRETCH/MOBILITY 8:30 am - Studio B Bridgette	SCULPT 10:00 am - Studio A Kitty		
	YOGA 9:30 am - Studio B Elyse	SCULPT 10:00 am - Studio A Kitty	TABATA 9:15 am - Studio A Amy			
			DANCE FITNESS 10:15 am - Studio A Sofia			
BOOTCAMP 4:00 pm - Studio A Kitty	KB SWING & SCULPT 5:15 pm - PT Studio Kitty	BUNS & GUNS 5:30 pm - Studio A Brier				
RHYTHM RIDE 5:15 pm - Cycle Studio Daryl *NO CLASS 8/4*	ARMS + ABS 5:30 pm - Studio A Brier		POP-UP DANCE FITNESS WITH ERIN THURSDAY AUGUST 7th 6:30 pm - Studio A			
DANCE FITNESS 6:00 pm - Studio A Vanessa						
CHILD CARE HOURS Daytime Monday- Sunday 8am to 11am Nighttime Monday- Wednesday 4:00pm to 7:00pm						