



GROUP EXERCISE SCHEDULE

May 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 6:00 am - Studio A Daryl	YOGA 6:00 am - Studio B Jen	STEP & SCULPT 6:00 am - Studio A Sarah	YOGA 6:00 am - Studio B Jen	BOOTCAMP 6:00 am - Studio A Sam	FLOW YOGA 7:30 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah
VIVE CYCLE 8:00 am - Cycle Studio Spotlight ride	SUNRISE CYCLE 6:00 am - Cycle Studio Liz	BOOTCAMP 8:00 am - Studio A Bridgette (Amy 5/13)	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	TABATA 8:00 am - Studio A Amy	BOOTCAMP 8:00 am - Studio A Sarah	MAT PILATES 9:00 am - Studio A Maria
BEAT BURN 8:00 am - Studio A Daryl	CARDIO & CORE 8:00 am - Studio A Amy	SCULPT 9:00 am - Studio A Kitty	MAT PILATES 8:00 am - Studio A Maria	SCULPT 9:00 am - Studio A Kitty	VIVE CYCLE 8:30 am - Cycle Studio Liz	VIVE CYCLE 9:00 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Amy	FIT BARRE 8:15 am - Studio B Lori	SCULPT 10:00 am - Studio A Kitty	VIVE CYCLE 8:00 am - Cycle Studio Bridgette (Andy 5/14)	SCULPT 10:00 am - Studio A Kitty	DANCE FITNESS 9:15 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 (Daryl 5/12)		BOOTCAMP 9:00 am - Studio A Bridgette (Daryl 5/14)			
	YOGA 9:30 am - Studio B Elyse					
BOOTCAMP 4:00 pm - Studio A Kitty	ARMS & ABS 5:30pm - Studio A Brier	YOGA 5:30 pm - Studio B Alison	BEAT BURN 4:00 pm - Studio A Daryl			
DANCE FITNESS 6:00 pm - Studio A Vanessa		BEAT BURN 6:00 pm - Studio A Daryl	DANCE FITNESS 6:00 pm - Studio A Sophia			
SCULPT 6:30 pm - Studio B Dylan (Daryl 5/11)			MAT PILATES 6:00 pm - Studio B Lauren			

MEMORIAL DAY WEEKEND
 Saturday & Sunday Regular hours
 Regular class schedule
Join Amy at 10 am May 23rd for the MURPH CHALLENGE!
Sign up at front desk by 5/22
Monday ONLY 5/25
 Revised Hours 6 AM- 12PM
 No child care
Class schedule
 Donna 9:00 am cycle
 Brier 10:00 am buns and guns

CHILD CARE HOURS
Daytime
 Monday-Friday 8am-11am
 Saturday-Sunday 8am-12pm
Nighttime
 Monday-Thursday
 4:00pm- 7:30pm

Shake of the month:
Berry Blast