



# GROUP EXERCISE SCHEDULE

May 2026

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