



GROUP EXERCISE SCHEDULE

October 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 6:00 am - Studio A Sam	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 8:00 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah
VIVE CYCLE 7:00 am - Cycle Studio Liz	SUNRISE CYCLE 6:00 am - Cycle Studio Liz	Mat + Muscle 8:00 am - Studio A Brier	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	TABATA 8:00 am - Studio A Amy	BUNS & GUNS 8:00 am - Studio A Brier	MAT PILATES 9:00 am - Studio A Maria
Strength & Conditioning 8:00 am - Studio A Dylan	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	BOOTCAMP 10:00am - Studio A Elise
BOOTCAMP 9:15 am - Studio A Elise	FIT BARRE 8:15 am - Studio B Lori	SCULPT 10:00 am - Studio A Kitty	VIVE CYCLE 8:00 am - Cycle Studio Bridgette	SCULPT 10:00 am - Studio A Kitty	DANCE FITNESS 9:15 am - Studio A Erin	
YOGA 9:30 am - Studio B Elyse	SWEAT & SCULPT 9:15 am - Studio A Bridgette		BOOTCAMP 9:00 am - Studio A Bridgette			
	YOGA 9:30 am - Studio B Elyse				CHILD CARE HOURS Daytime Monday-Friday 8am-11am Saturday-Sunday 8am-12pm Nighttime Monday-Thursday 4:00pm- 7:30pm	
BOOTCAMP 4:00 pm - Studio A Kitty	ARMS & ABS 5:30pm - Studio A Brier	BEAT BURN 6:00 pm - Studio A Daryl	MAT PILATES 6:00pm - Studio B Lauren			
DANCE FITNESS 6:00 pm - Studio A Sophia		YOGA 6:30 pm - Studio B Alison				
					Shake of the month: Peanut Butter Dream	