

GROUP EXERCISE NOVEMBER '26

POINT BEACH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 6am / Studio A Sam - 45 min	YOGA 6am / Studio B Jen - 60 min	STEP+SCULPT 6am / Studio A Sarah - 45 min	YOGA 6am / Studio B Jen - 60 min	BOOTCAMP 6am / Studio A Sam - 45 min	YOGA 8am / Studio B Jen - 60 min	YOGA 8am / Studio A Sarah - 60 min
★ VIVE CYCLE 8am / Cycle Studio Paul - 45 min	★ SUNRISE CYCLE 6am / Cycle Studio Susan - 45 min	MAT+MUSCLE 8am / Studio A Brier - 45 min	SUNRISE CYCLE 6am / Cycle Studio Susan - 45 min	TABATA 8am / Studio A Amy - 45 min	BUNS+GUNS 8am / Studio A Brier - 45 min	MAT PILATES 9am / Studio A Maria - 60 min
STRENGTH 8am / Studio A Dylan - 45 min	CARDIO+CORE 8am / Studio A Amy - 45 min	SCULPT 9am / Studio A Kitty - 45 min	MAT PILATES 8am / Studio A Maria - 45 min	SCULPT 9am / Studio A Kitty - 45 min	★ RIP+RIDE 8:30am / Cycle Studio Ande - 45 min	★ BOOTCAMP 10:15am / Studio A Elise - 45 min
BOOTCAMP 9:15am / Studio A Ellse - 45 min	BARRE FUSION 8:15am / Studio B Lori - 60 min	SCULPT 10am / Studio A Kitty - 45 min	VIVE CYCLE 8am / Cycle Studio Bridgette - 45 min	SCULPT 10am / Studio A Kitty - 45 min	DANCE FITNESS 9:15am / Studio A Erin - 60 min	
YOGA 9:30am / Studio B Elyse - 60 min	SWEAT+SCULPT 9:15am / Studio A Bridgette - 45 min	BEAT BURN 6pm / Studio A Daryl - 45 min	BOOTCAMP 9am / Studio A Bridgette - 45 min			
BOOTCAMP 4pm / Studio A Kitty - 45 min	YOGA 9:30am / Studio B Elyse - 60 min	YOGA 6:30pm / Studio B Alison - 60 min	★ MAT PILATES 6pm / Studio B Maria - 45 min			
DANCE FITNESS 6pm / Studio A Sofia - 60 min	ARMS+ABS 5:30pm / Studio A Brier - 45 min	★ Denotes time, instructor or class change				

Open Thanksgiving 6am-Noon



TURKEY BURN with Bridge @ 9am

- No Classes Wednesday Night 11.25
- No Childcare Thanksgiving Day 11.26
- No Bootcamp Friday 6am 11.27