

Spring 2026

WEEKLY SCHEDULE

group fitness

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|-------------------------|------------------|-------------------------|---------------------|------------|---------------|
| 6:30 AM | SUNRISE YOGA | CYCLE + STRENGTH | SUNRISE YOGA | CYCLE + STRENGTH | CORE CYCLE | 9:30 AM |
| 12:00 PM | SPIN CITY | | RIDE + THRIVE | | | POWER VINYASA |
| 12:30 PM | | PILATES | | PILATES | | SUNDAY |
| 4:00 PM | | | | | | 1:30 PM |
| 5:00 PM | STRENGTH + CONDITIONING | SPIN CITY | | SPIN CITY | | SCULPT 50 |
| 6:00 PM | FULL BODY SPIN | CYCLE + STRENGTH | STRENGTH + CONDITIONING | STRENGTH + MOBILITY | | |
| 7:00 PM | CYCLE + SCULPT | POWER VINYASA | CYCLE + SCULPT | FULL BODY SPIN | | |
| 8:00 PM | BARRE FUSION | SWEAT CYCLE | ZUMBA | | | |
| 9:00 PM | LINE DANCING | HIP HOP | | HIP HOP | | |



SAVE YOUR SPOT.
SCAN THIS.

REGISTRATION RULES:

- REGISTRATION OPENS 3 DAYS BEFORE THE CLASS BEGINS
- PLEASE ARRIVE AT LEAST 5 MINUTES BEFORE THE CLASS BEGINS IN ORDER TO ENSURE PROPER SET UP!
- IF YOU ARE UNABLE TO ATTEND, MAKE SURE TO CANCEL YOUR CLASS TO ENSURE EVERYONE HAS THE CHANCE TO PARTICIPATE!