

GROUP FITNESS SCHEDULE

FALL 2025



MONDAY

6:30A	RHYTHM RIDE Katie	
12:00P	CORE CYCLE Elizabeth	
4:00P	VINYASA STRENGTH FOUNDATIONS Lauren M.	
5:00P	FULL BODY SPIN Ava	
6:00P	POWER VINYASA Taylor	
7:00P	CYCLE & STRENGTH Lauren	
8:00P	BARRE FUSION Brielle	
9:00P	LINE DANCING Brielle	

TUESDAY

6:30A	CYCLE & STRENGTH Mely	
12:30P	PILATES Leah	
5:00P	SPIN CITY Maggie	
6:00P	CYCLE & STRENGTH Mary	
7:00P	SWEAT CYCLE Nicolette	
9:00P	HIP-HOP DANCE Kate	



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WEDNESDAY

12:00P	SWEAT CYCLE Nicolette	
5:00P	FULL BODY SPIN Ava	
6:00P	POWER VINYASA Taylor	
7:00P	CYCE & STRENGTH Lauren C	
8:00P	RECHARGE & RESTORE YOGA Izzy	
9:00P	HIP-HOP DANCE Anna	

SAVE
YOUR
SPOT.
SCAN
THIS.



THURSDAY

6:30A	CYCLE & STRENGTH Mely	
12:30P	PILATES Leah	
5:00P	SPIN CITY Maggie	
6:00P	STRENGTH & MOBILITY Mary	
7:00P	VINYASA POWER FLOW Izzy	
8:00P	SWEAT CYCLE Nicolette	
9:00P	ZUMBA Kelly	

FRIDAY

12:00P	RHYTHM RIDE Katie	
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SATURDAY

9:30A	RIDE & THRIVE Sophia	
10:30A	BARRE FUSION Brielle	

SUNDAY

4:00P	SWEAT CYCLE Marisa	
5:00P	RIDE & REFINE Lauren C	
6:30P	CORE CYCLE Elizabeth	