



GROUP FITNESS SCHEDULE FALL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 Bootcamp Gillian	5:45-6:30 SPIN + SCULPT Kirsten	5:45-6:30 Bootcamp Amanda S.	5:45-6:30 SPIN + SCULPT Kirsten	5:45-6:30 CYCLING Haley	
9:15-10:15 WARM Gentle Flow Hali	9:15-10:15 SPIN + SCULPT Amanda W.	9:15-10:15 Power Hour Amanda W.	9:15-10:15 SPIN + STRETCH Michelle	9:15-10:15 HOT Vinyasa Taiyler	9:15-10:00 CYCLING Instructor Rotation
					10:15-11:15 HOT Vinyasa Instructor Rotation
12:10-12:50 HIIT Laurie	12:10-12:50 CYCLING Kirsten			12:10-12:50 Bootcamp Julie	
5:15-6:00 SPIN + SCULPT Lisa	5:15-6:00 HOT Mat Pilates Taiyler	5:15-6:00 SPIN + SCULPT Alicia	5:15-6:00 TOTAL BODY BLAST Julie	5:15-6:00 HOT Mat Pilates Taiyler	
6:15-7:00 Step + Sculpt Keri	6:15-7:15 WARM Slow Flow Taiyler	6:15-7:00 Bootcamp Amanda S.	6:15-7:00  Julie		
7:00-8:00 HOT Vinyasa Angela		7:00-8:00 HOT Vinyasa Stephenie			