



GROUP FITNESS SCHEDULE AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 CYCLING Tammy	5:45-6:30 SPIN + SCULPT Kirsten	5:45-6:30 Bootcamp Gillian	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 Bootcamp Julie	
5:15-6:00 SPIN + SCULPT Lisa	5:15-6:00 HOT Mat Pilates Taiyler	5:15-6:15 HOT Vinyasa Stephenie	5:15-6:00 TOTAL BODY BLAST Julie		
6:15-7:00 Step + Sculpt Keri	6:15-7:15 WARM Slow Flow Taiyler				
7:00-8:00 HOT Vinyasa Angela					