



GROUP FITNESS SCHEDULE WINTER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 Bootcamp Amanda S.	5:45-6:30 CYCLING Christie	5:45-6:30 Bootcamp Amanda S.	5:45-6:30 SPIN + SCULPT Amanda W./Becky	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
10:30-11:15 CYCLING Ceejay					10:15-11:15 HOT Vinyasa Instructor Rotation
12:10-12:50 HIIT Laurie		12:10-12:50 WARM Vinyasa Michelle		12:10-12:50 Bootcamp Julie	12:15-1:00 HOT All Levels Mat Pilates Instructor Rotation
5:15-6:00 SPIN + SCULPT Lisa	5:15-6:00 HOT Level 2 Mat Pilates Taiyler	5:15-6:00 SPIN + SCULPT Alicia	5:15-6:00 TOTAL BODY BLAST Julie		
6:15-7:00 Step + Sculpt Keri	6:15-7:00 HOT Level 1 Mat Pilates Taiyler	6:15-7:00 Bootcamp Amanda S.	6:15-7:00 HOT All Levels Mat Pilates Taiyler		
7:00-8:00 HOT Vinyasa Angela		7:00-8:00 HOT Vinyasa Stephenie			

