



2025 Spring Schedule

	STUDIO CLASSES	SPECIAL REGISTRATION	OUTDOOR CLASS	KIDS ZONE	BABY GYM
	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am	GYM CLASS HEROES Brennan	BELLS & CORE Lauren	MENS ONLY SMALL GROUP STRENGTH Brennan	MENS ONLY SMALL GROUP STRENGTH Brennan	GYM CLASS HEROES Lauren
9:15 am			FUNDAMENTAL CORE Pieta	FULL BODY SWEAT Lina	
10:15 am	HIIT THE LEGS Nicole	BABY GYM Patricia	LOW IMPACT FITNESS Christine	LOW IMPACT PILATES Anie	10am FULL BODY SWEAT Christine
11:15 am	MOM & BABY STRENGTH & MOBILITY SERIES Pieta	HIIT & FLOW Mercedes	BABY GYM Sheila	FULL BODY SWEAT Christine	BABY GYM Vera
12:15 pm	SO BARRE CORE Anie	BABY GYM Sheila	STRENGTH CIRCUIT Nicole	11:15am & 12:15pm BABYGYM Patricia	
12:15 pm	STRENGTH CIRCUIT Brennan	BABY GYM Patricia	Level 2 STRENGTH SERIES Christine	STEP UP! Mercedes	UPPER BODY STRENGTH CIRCUIT Thalia
1:15 pm			BABY GYM Vera	Level 2 STRENGTH SERIES Nicole	Level 2 STRENGTH SERIES Nicole
1:15 pm		Level 1 STRENGTH SERIES Thalia		11:15AM Level 1 STRENGTH SERIES Thalia	Level 1 STRENGTH SERIES Thalia
4:45 pm		FULL BODY SWEAT Lina		BELLS & CORE Anna	DEEP YOGA FLOW Vanessa
5:45 pm	6:15pm GYM CLASS HEROES Lauren	6:15pm Level 1 STRENGTH Mercedes	COMBAT FIT Meredyth	6:15pm Level 1 STRENGTH Thalia	POWER PILATES Lina
7:15 pm	Level 2 SMALL GROUP STRENGTH Mercedes	NEW CLASS COMING SOON	FLOWGA Meredyth	Level 2 STRENGTH Christine	
8:15 pm	FULL BODY SWEAT Nicole			INNER ATHLETE Lauren	

WEEKEND WARRIORS

	Saturday	Sunday
8:15 am	UPPER BODY SWEAT Christine	8:00am LEVEL 2 SMALL GROUP STRENGTH Nicole
9:15 am	GYM CLASS HEROES Christine	FULL BODY SWEAT Lina
	MENS ONLY STRENGTH CIRCUIT Brennan	
	KIDS ZONE Patricia	KIDS ZONE Dawn
	BABY GYM Vera	BABY GYM Courtney
10:15 or 10:30 am	SUPER CIRCUIT Nicole	SUPER CIRCUIT Lauren
	KIDS ZONE Patricia	KIDS ZONE Dawn
	BABY GYM Vera	BABY GYM Courtney
		POWER PILATES Lina

Virtual Class