



2024 FALL SCHEDULE - Effective September 9th

	STUDIO CLASSES	SPECIAL REGISTRATION	OUTDOOR CLASS	KIDS ZONE	BABY GYM
	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am	GYM CLASS HEROES Brennan	HIIT & FLOW Hanz NEW	MENS ONLY SMALL GROUP STRENGTH Brennan	GYM CLASS HEROES Hanz	HIIT THE GYM Franca
8:00 am	NEW BELLS & CORE Brennan			SUPER CIRCUIT Nicole	
9:15 am		V BARRE BOOTY Lina	FUNDAMENTAL CORE Pieta NEW	HIIT & Flow Lina	
10:15 am	HIIT THE LEGS Nicole	BABY GYM Vera	LOW IMPACT FITNESS Christine	11:15am STROLLER FIT Pieta	LOW IMPACT PILATES Anie
10am				10am FULL BODY SWEAT Christine	10am BABY GYM Patricia
11:15 am	MOM & BABY STRENGTH & MOBILITY Pieta	HIIT & FLOW Christine	BABY GYM Sheila	FULL BODY SWEAT Christine	BABY GYM Vera
11:15am				SO BARRE CORE Anie	BABY GYM Sheila
11:15am				NEW STRENGTH CIRCUIT Nicole	BABY GYM Patricia
12:15 pm	STRENGTH CIRCUIT Brennan	NEW Level 1 SMALL GROUP STRENGTH Christine	UPPER BODY SWEAT Hanz	BABY WEARING DANCE Nidhi & Meredyth	NEW Level 2 SMALL GROUP STRENGTH Nicole
12:15pm					BABY GYM Patricia
4:30 pm				NEW KIDS ZONE FITNESS EXPLORERS Tara	NEW BELLS & CORE Anna
4:30pm					NEW 12:15pm FLOWGA Christine
6:15 pm	V GYM CLASS HEROES Franca	NEW POWER PILATES Dorota			
7:15 pm	NEW Level 2 SMALL GROUP STRENGTH Mercedes	STEP UP! Mercedes	FLOWGA Marnie	NEW Level 1 SMALL GROUP STRENGTH Christine	
8:15 pm	V 8:15pm FULL BODY SWEAT Nicole		COMBAT FIT Meredith		

WEEKEND WARRIORS

	Saturday	Sunday
8:15 am	V UPPER BODY SWEAT Christine	
9:00 or 9:15 am	GYM CLASS HEROES Franca	FULL BODY SWEAT Lina
	MENS ONLY STRENGTH CIRCUIT Brennan	
	KIDS ZONE Patricia	KIDS ZONE Dawn
	BABY GYM Vera	
10:15 or 10:30 am	SUPER CIRCUIT Nicole	SUPER CIRCUIT Hanz
	KIDS ZONE Patricia	KIDS ZONE Dawn
	BABY GYM Vera	NEW HIIT The Legs Lina

V Virtual Class