Fall 2025 Group Fitness Schedule

Subject to modification! For the most up-to-date schedule, go to IMLeagues

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Monday	Tuesday	Wednesday	Thursday	Friday
BodyBalance w/	Grit w/Sammie	BodyBalance w/	Grit w/Sammie	BodyBalance w/
Jackie	7AM- Studio B	Jackie	7AM- Studio B	Jackie
8:30AM-Studio B		8AM-Studio A		9AM-Studio B
	Core w/Sammie		BodyPump	
BodyPump w/ Brynn	8AM- Studio B	BodyPump w/Amber	w/Sammie	Cycle w/Meredith
10AM-Studio B		8AM- Studio B	8AM- Studio B	9AM- Studio C
	Cycle w/Claudia			
Cycle w/Marnie	8AM- Studio C	BodyPump w/ Brynn	Cycle w/Meredith	BodyPump w/
11:30AM- Studio C	AND A PROPERTY.	10AM- Studio B	8AM- Studio C	Amber
	Barre w/Liv			9:30AM- Studio B
Yoga x Pilates	9AM- Studio A	GRIT w/Maddy	BodyBalance	
w/Gabby	Orani Guanori	11AM- Studio B	w/Sammie	Yoga w/Gabby
12:30PM- Studio B	BodyBalance		9:15AM- Studio B	11:30AM- Studio B
	w/Sammie	Cycle w/Marnie	J.IJAM Stadio B	II.OOAW Studio B
BodyPump w/Grace	9:15AM- Studio B	11:30AM- Studio C	Barre w/Liv	Yoga w/Lindsey
2PM-Studio B	J.IJAW Studio B	11.50AW Studio C	1PM- Studio B	1PM- Studio A
	Bodypump w/Grace	Yoga w/Peyton	II W Studio B	II W Stadio A
Kickboxing w/Tom	12PM- Studio B	2PM- Studio B	Power Yoga w/	Barre w/Liv
5PM- Studio A	12FW Studio B	ZPW Studio B		1:30PM- Studio B
	Voga v Dilatos	Cycle w/Claudia	Lindsey 3:30PM- Studio B	1.30PW-Studio B
Rhythm Ride w/Anya	Yoga x Pilates	Cycle w/Claudia 3PM- Studio C	3.30FINI- Studio B	
5PM- Studio C	w/Gabby	3PINI- Studio C	Ki alda avrim et vol Tama	
	2:15PM- Studio B	Vawa u Dilataa	Kickboxing w/ Tom	
Zumba w/Maya	Value of the desire	Yoga x Pilates	4PM- Studio A	Caramalan
5PM- Studio B	Yoga w/Lindsey	w/Gabby	6/6	Saturday
	4PM- Studio B	4:30PM- Studio B	Core w/ Sammy	Mystomy Cycle
Glow Grit w/Maddy	6.1.0.1	0 1 (11 111	5PM- Studio B	Mystery Cycle
6:30PM- Studio B	Cycle w/Makenna	Cycle w/ Meredith		10AM- Studio C
D. d	4PM- Studio C	5:30PM- Studio C	Zumba w/ Maya	
Bodypump w/Carly			5PM- Studio A	100
7:15PM- Studio B	Zumba w/Rachel	Glow Zumba w/ Bri	EU-ATOMPESTO	Sunday
	5:30PM- Studio B	6PM- Studio B	Zumba w/ Bella	Suriday
			6:15PM- Studio B	Barre w/Liv
	Core w/Sammy	Rhythm Ride w/ Anya		4PM- Studio B
	5:30PM- Studio A	6:45PM- Studio C		
	Z. Wingstein U.S. Berken			
	Zumba w/Bella	Circuit 45 w/ Carly		
	7PM- Studio B	7:15PM- Studio B		