

Fall 2025 Group Fitness Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
BodyBalance w/ Jackie 8:30AM-Studio B	Grit w/Sammie 7AM- Studio B	GRIT w/Maddy 7AM- Studio B	Grit w/Sammie 7AM- Studio B	BodyBalance w/ Jackie 9AM-Studio A
BodyPump w/ Brynn 10AM-Studio B	Core w/Sammie 8AM- Studio B	BodyBalance w/ Jackie 8AM-Studio A	BodyPump w/Sammie 8AM- Studio B	Cycle w/Meredith 9AM- Studio C
Cycle w/Marnie 11:30AM- Studio C	Cycle w/Claudia 8AM- Studio C	BodyPump w/Amber 8AM- Studio B	Cycle w/Meredith 8AM- Studio C	BodyPump w/ Amber 9:30AM- Studio B
Yoga x Pilates w/Gabby 12:30PM- Studio B	Barre w/Liv 9AM- Studio B	BodyPump w/ Brynn 10AM- Studio B	BodyBalance w/Sammie 9:15AM- Studio B	Yoga w/Gabby 11:30AM- Studio B
BodyPump w/Grace 2PM-Studio B	BodyBalance w/Sammie 9:15AM- Studio A	Cycle w/Marnie 11:30AM- Studio C	Barre w/Liv 1PM- Studio B	Yoga w/Lindsey 1PM- Studio A
Core w/Sammy 2PM- Studio A	Bodypump w/Grace 12PM- Studio B	Yoga w/Peyton 2PM- Studio B	Power Yoga w/ Lindsey 3:30PM- Studio B	Barre w/Liv 1:30PM- Studio B
Kickboxing w/Tom 5PM- Studio A	Yoga x Pilates w/Gabby 2:15PM- Studio B	Cycle w/Claudia 3PM- Studio C	Kickboxing w/ Tom 4PM- Studio A	
Rhythm Ride w/Anya 5PM- Studio C	Yoga w/Lindsey 4PM- Studio B	Yoga w/Jovanna 3PM- Studio A	Zumba w/ Maya 5PM- Studio A	Saturday
Zumba w/Maya 5PM- Studio B	Cycle w/Makenna 4PM- Studio C	Yoga x Pilates w/Gabby 4:30PM- Studio B	Zumba w/ Bella 6:15PM- Studio B	Mystery Cycle 10AM- Studio C
Glow Grit w/Maddy 6:30PM- Studio B	Zumba w/Rachel 5:30PM- Studio B	Cycle w/ Meredith 5:30PM- Studio C		Sunday
Bodypump w/Carly 7:15PM- Studio B	Zumba w/Bella 7PM- Studio B	Glow Zumba w/ Bri 6PM- Studio B		Barre w/Liv 4PM- Studio B
		Rhythm Ride w/ Anya 6:45PM- Studio C		
		Circuit 45 w/ Carly 7:15PM- Studio B		