GROUP FITNESS CLASS SCHEDULE

FOD = Fitness On Demand/Virtual

EFFECTIVE NOVEMBER 1, 2026

MONDAY

5:30am	BODYPUMP	Studio 1
5:30am	HYROX	Studio 2
8:30am	RPM	Studio 3
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
10:15am	Yin Yoga	Studio 5
10:20am	SPRINT	Studio 3
10:20am	TONE	Studio 1
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
4:30pm	FOD BODYATTACK	Studio 2
5:00pm	CORE	Studio 2
5:30pm	BODYPUMP	Studio 1
5:30pm	Heated Power Yoga	Studio 5
5:45pm	THE TRIP	Studio 3
6:15pm	HYROX EXPRESS (30 MIN)	Studio 2
6:35pm	BODYJAM	Studio 1
6:45pm	Mat Pilates	Studio 5
7:00pm	HYROX	Studio 2

TUESDAY

5:30am	RPM	Studio 3
5:45am	Heated Power Yoga	Studio 5
6:00am	SHAPES	Studio 1
8:00am	BODYPUMP	Studio 1
8:30am	Athletic Stretch	Studio 2
9:00am	BODYBALANCE	Studio 5
9:05am	BODYSTEP	Studio 1
9:15am	HYROX	Studio 2
9:15am	RPM	Studio 3
10:10am	SHAPES	Studio 1
10:15am	Mat Pilates	Studio 5
12:15pm	FOD RPM	Studio 3
5:00pm	GRIT STRENGTH	Studio 2
5:30pm	RPM	Studio 3
5:30pm	Yoga	Studio 5
5:35pm	BODYCOMBAT	Studio 2
5:35pm	STRENGTH DEVELOPMENT	Studio 1
6:30pm	BODYPUMP	Studio 1
6:35pm	FOD BODYBALANCE	Studio 5

WEDNESDAY

5:30am	BODYPUMP	Studio 1
6:00am	GRIT	Studio 2
8:15am	FOD RPM	Studio 3
9:00am	TONE	Studio 2
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
9:15am	THE TRIP	Studio 3
9:55am	Yoga Basics	Studio 5
10:20am	CORE	Studio 1
10:30am	Yoga	Studio 5
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
5:00pm	CORE	Studio 2
5:30pm	BODYPUMP	Studio 1
5:30pm	Heated Power Yoga	Studio 5
5:45pm	THE TRIP	Studio 3
6:00pm	HYROX	Studio 2
6:35pm	ZUMBA	Studio 1
6:45pm	Mat Pilates	Studio 5

THURSDAY

5:30am	HYROX	Studio 2
5:30am	RPM	Studio 3
6:00am	BODYBALANCE	Studio 5
8:00am	BODYPUMP	Studio 1
9:00am	BODYBALANCE	Studio 5
9:05am	BODYCOMBAT	Studio 1
9:15am	HYROX	Studio 2
9:15am	RPM	Studio 3
10:10am	SHAPES	Studio 1
10:55am	Athletic Stretch	Studio 1
12:15pm	FOD RPM	Studio 3
4:30pm	FOD BODYPUMP	Studio 1
5:30pm	HYROX	Studio 2
5:30pm	FOD RPM	Studio 3
5:30pm	Yin Yoga	Studio 5
5:35pm	STRENGTH DEVELOPMENT	Studio 1
6:35pm	BODYBALANCE	Studio 5

FRIDAY

5:30am	BODYPUMP	Studio 1
8:15am	FOD RPM	Studio 3
9:00am	TONE	Studio 2
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
9:15am	THE TRIP	Studio 3
10:15am	Yoga	Studio 5
10:20am	BODYCOMBAT (30 MIN)	Studio 1
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
4:30pm	FOD RPM	Studio 3
5:30pm	FOD BODYPUMP	Studio 1
5:30pm	Heated Power Yoga	Studio 5

SATURDAY

7:30am	RPM	Studio 3
8:00am	BODYPUMP (45 MIN)	Studio 2
8:30am	SHAPES	Studio 1
9:00am	THE TRIP	Studio 3
9:00am	Heated Power Yoga	Studio 5
9:15am	HYROX EXPRESS (30 MIN)	Studio 2
9:25am	BODYCOMBAT	Studio 1
10:00am	HYROX	Studio 2
10:15am	Yin Yoga	Studio 5
10:30am	ZUMBA	Studio 1

SUNDAY

8:30am	RPM	Studio 3
8:30am	Heated Power Yoga	Studio 5
9:00am	SUNDAY CRUNCH	Studio 1
10:00am	Yoga	Studio 5
10:05am	BODYPUMP	Studio 1
11:00am	BODYBALANCE	Studio 5

SUNDAY CRUNCH (55 min)

11/1	BODYCOMBAT
11/8	BODYSTEP
11/15	BODYCOMBAT
11/22	BODYSTEP
11/29	BODYSTEP



THURSDAY, NOVEMBER 26TH
Club open 6am-2pm with a modified Group Fitness Schedule