

3/1/2026 - 3/28/2026

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	HyberX Gym Stephen	HyberX Gym Stephen	HyberX Gym Stephen	HyberX Gym Stephen		
8:00 a.m.	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki			
9:00 a. m.	FITnWELL Studio 1 Sherry		FITnWELL Studio 1 Sherry		FITnWELL Studio 1 Sherry	
9:30 a.m.	yoga "30" Studio 1 Jacki		yoga "30" Studio 1 Jacki			
12:00 p.m.		yoga Cycling Studio Luisa	Boot Camp Sweat Zone Nic		Pilates Mat Cycling Studio Amy	
	Boot Camp Sweat Zone Nic	TBS Studio 1 Alexis	"Steppin'lt" Studio 1 Colleen	TBS Studio 1 Nic		
	Hyper X Gym Jack	Hyper X Gym Jack	Hyper X Gym Jack	Hyper X Gym Jack	Hyper X Gym Jack	
12:15 p.m.			Pilates Mat Phoebe NW Amy			
12:30 p.m.					Stretching Studio 1 Sara	
5:00 p.m.	Spin Cycling Studio Renea		NEW			
5:15 p.m.			"Dance" Studio 1 Colleen			
	Hyper X Gym Seth	Hyper X Gym Alexis	Hyper X Gym Seth	Hyper X Gym Alexis		
5:30p.m.		Pop Fan Fitness Cycling Studio Krystal		Pop Fan Fitness Cycling Studio Krystal		
		Raise The Bar Studio 1 Adrienne		Raise The Bar Studio 1 Adrienne		
	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic		
5:35pm	YOGALATES Cycling Studio Renea					
6:00pm			Spin Cycling Studio Latresa			