SPORTFIT Group Exercise Schedule

Effective Date: 11/01/2026

MON	TUE	WED	THU	FRI	SAT	SUN
YOGALATES 8:30-9:15AM REBECCA	YOGA I/II 8:00-8:45AM LO	GENTLE FLOW 8:30-9:20AM KRISTEN	YOGA FLOW 8:00-8:45AM LO	ADVANCED STEP 9:15-10:10 AM GINA	KICK BOXING 8:00AM-9:00AM KRISTEN	ALL LEVEL YOGA 8:30-9:30AM TRACEY
SPIN 9:30-10:15AM KRISTEN	BARRE/ Pilates 9:00-9:45AM GINA	STEP JAM 9:30-10:15AM GINA	ON THE BALL 9:00-9:45AM KRISTEN	SPIN 9:30-10:15AM KRISTEN	CRUSHING CALORIES SPIN 8:15-9:00AM CHARLINE	
HIIT 9:30AM-10:15AM REBECCA	CIRCUIT TRAINING 10:15-11:00 AM GINA	SCULPT N ABS 10:15-11:00AM GINA	CARDIO DANCE 10:00-10:45AM GINA	BOOTY BARRE 10:15-11:00AM GINA	STRAIGHT STRENGTH 9:00-9:45AM KRISTEN	
SCULPT N ABS 10:20-11:05AM KRISTEN	BASIC STEP 11:15-12:00PM GINA	GENTLE YOGA STRETCH 11:10-12:00PM GINA	BOX AND BAG 11:00-11:45AM GINA	GENTLE YOGA STRETCH 11:10-12:00 PM GINA	VINYASA YOGA 10:00-11:00AM KRISTEN	
YOGA 5:00-5:45PM CLAIRE	BARRE/ Pilates 5:00-5:55PM GINA	TOTAL BODY STRENGTH 5:00-5:45PM MICHELLE	HATHA YOGA 5:00- 5:45PM TRACY	HAPPY HOUR BOOTCAMP 5:30-6:15PM MICHELLE	STEP WORKSHOP 11:00AM-12:00PM MICHELLE	
TOTAL BODY FITNESS 6:00-6:40PM TEEIREE	BOX AND BAG 6:00-6:45PM MICHELLE	ZUMBA 6:00-6:45pm MEKO	SPIN 6:00-6:45PM JULIE			
SPIN 6:45-7:30PM TEEIREE	PILATES CORE 6:45-7:30PM MICHELLE	SPIN MIXER 6:00PM-6:45PM MICHELLE	CALLING ALL STEPPERS 6:00-6:45PM MICHELLE			
ZUMBA 6:45-7:30PM MEKO		VINYASA YOGA 7:00-8:00 PM KRISTEN	PILATES CORE 6:50-7:30PM MICHELE			

Updated 11/1/2026