




WINTER 2025

SCHEDULE RUNS JAN. 6-MARCH 21, 2025

FITNESS CLASS SCHEDULE

 : No Reservation Required  : Reservation Required  : Fee Required

STUDIO 1
(043-211)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--|--------------------------------------|--------------------------------------|
| Breakaway 9:15-10 AM Kaaren A. | Breakaway 6:45-7:30 AM Barb L. | Breakaway 9:15-10 AM Lisa G. | Breakaway 6:45-7:30 AM Van M. | Breakaway 9:15-10 AM Christiane S. | Breakaway 10:15-11 AM Rotation | Breakaway 10:15-11 AM Rotation |
| Breakaway 12:15-1 PM Cindy B. | Breakaway 11:15-12 PM Larry N. | Breakaway 12:15-1 PM Hannah C. | Breakaway 11:15-12 PM Cindy B. | Breakaway 12:15-1 PM Gina T. | | |
| Breakaway 4:30-5:15 PM Gina T. | Breakaway 4:30-5:15 PM Maija S. | Breakaway 4:30-5:15 PM Maija S. | Breakaway 4:30-5:15 PM Maija S. | Breakaway 4:30-5:15 PM Warren R. | | |
| Breakaway 6:15-7 PM Hannah C. | Breakaway 6:15-7 PM Gina T. | Breakaway 6:15-7 PM JP Boiler | Breakaway 6:15-7 PM Abby M. | Breakaway 6:15-7 PM JP Boiler | | Breakaway 6:15-7 PM Rotation |

STUDIO 2
(043-213)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|---|---|
| Yin Yoga 8:45-9:45 AM Luna H. | Barre Connect 7:45-8:30 AM Christiane S. | Vinyasa Flow 8:10-9:10 AM Aya S. | Barre Connect 7:45-8:30 AM Christiane S. | Vinyasa Flow 9-10 AM Megan S. | | |
| Fusion Pilates 10:15-11 AM Doriana P. | Hatha Yoga 9:10-10:10 AM Lynn M. | TRX Suspension 10:15-11 AM Lisa G. | Vinyasa Flow 9:10-10:10 AM Lynn M. | Fusion Pilates 10:15-11 AM Doriana P. | Yoga Flow 11:15-12:15 PM Rotation | Yoga Flow 11:15-12:15 PM Rotation |
| Hatha Yoga 12:15-1:15 PM Richard M. | Fusion Pilates 10:30-11:15 AM Doriana P. | Fusion Pilates 11:15 AM-12 PM Carly K. | Hatha Yoga 12:15-1:15 PM Richard M. | TRX Suspension 11:15 AM-12 PM Christiane S. | | |
| Fusion Pilates 4:15-5 PM Addie U. | Vinyasa Flow 12:15-1:15 PM Victoria K. | Vinyasa Flow 12:15-1:15 PM Victoria K. | Vinyasa Flow 3-4 PM Audrey T. | Hatha Yoga 12:15-1:15 PM Richard M. | | |
| Vinyasa Flow 5:15-6:15 PM Liz C. | Power Flow 4:10-5:10 PM Liz C. | Fusion Pilates 4:15-5 PM Addie U. | Fusion Pilates 4:15-5 PM Doriana P. | Vinyasa Flow 5:10-6:10 PM Mark M. | | |
| Jazz Funk JAM 7:45-8:45 PM Darya A. | | Barre Connect 5:30-6:15 PM Lea B. | Power Flow 5:15-6:15 PM Liz C. | | | |
| | Vinyasa Flow 6:45-7:45 PM Mohnish R. | Jazz Funk JAM 7:45-8:45 PM Darya A. | | | | Yoga Flow 7:15-8:15 PM Rotation |

STUDIO 3
(043-215)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|----------------------------------|--------|
| Body Pump 12:15-1:15 PM Doriana P. | HIIT 12:15-1 PM Cindy B. | Body Pump 12:15-1:15 PM Doriana P. | HIIT 12:15-1 PM Carly K. | Body Pump 12:15-1:15 PM Christiane S. | Body Pump 9-10 AM Rotation | |
| Body Pump 4:15-5:15 PM Cindy B. | 6-Pack Abs 1:15-1:45 PM Cindy B. | 6-Pack Abs 1:30-2 PM Doriana P. | 6-Pack Abs 1:15-1:45 PM Carly K. | 6-Pack Abs 1:30-2 PM Christiane S. | | |
| High Fitness 5:30-6:15 PM Bailey V. | Body Pump 4:15-5:15 PM Doriana P. | Body Pump 4:15-5:15 PM Christiane S. | Body Pump 4:15-5:15 PM Cindy B. | | | |
| | Cardio Sport 5:30-6:30 PM Cindy B. | Zumba 6:30-7:30 PM Danya N. | Cardio Sport 5:30-6:30 PM Cindy B. | | | |
| | Hip Hop + Heels 6:45-7:45 PM Leah S. | | Contemporary Jazz 7:10-8:10 PM Kylín P. | | | |

MAT ROOM
(043-192)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|---|----------|--------|----------|---------------------------------|
| Shorin Ryu Karate 6:45-7:45 PM Lance G. | | Shorin Ryu Karate 6:45-7:45 PM Lance G. | | | | AcroYoga 5:30-7 PM Liz C. |