2025 Spring Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am	GYM CLASS HEROES Brennan	BELLS & CORE Lauren	MENS ONLY SMALL GROUP STRENGTH Brennan	MENS ONLY SMALL GROUP STRENGTH Brennan; GYM CLASS HEROES (V)	HIIT THE GYM Mehrnoosh
9:15 am			FUNDAMENTAL CORE Pieta	FULL BODY SWEAT Lina	
10:15 am	HIIT THE LEGS Nicole; BABY GYM Patricia	LOW IMPACT FITNESS Christine		LOW IMPACT PILATES Anie	10am FULL BODY SWEAT Christine; 10am BABY GYM Patricia
11:15 am	MOM & BABY STRENGTH & MOBILITY SERIES Pieta	HIIT & FLOW Mercedes; BABY GYM Sheila	FULL BODY SWEAT Christine; BABY GYM Vera	SO BARRE CORE Anie; BABY GYM Sheila	STRENGTH CIRCUIT Nicole; 10am BABY GYM Patricia
12:15 pm	STRENGTH CIRCUIT Brennan; BABY GYM Patricia	Level 2 STRENGTH SERIES Christine; STEP UP! Mercedes	UPPER BODY STRENGTH CIRCUIT Thalia; BABY GYM Vera	Level 2 STRENGTH SERIES Nicole	Level 2 STRENGTH SERIES Nicole; 12:15pm FLOWGA Christine
1:15 pm		Level 1 STRENGTH SERIES Thalia		Level 1 STRENGTH SERIES Thalia	Level 1 STRENGTH SERIES Thalia
4:45 pm		FULL BODY SWEAT Lina		BELLS & CORE Anna	
5:45 pm	GYM CLASS HEROES Lauren (V); 6:15pm Level 1 STRENGTH Mercedes		COMBAT FIT Meredyth; 6:15pm Level 1 STRENGTH Thalia (V)	POWER PILATES Lina	
7:15 pm	Level 2 SMALL GROUP STRENGTH Mercedes	NEW CLASS COMING SOON	FLOWGA Meredyth; Level 2 STRENGTH Christine		
8:15 pm	FULL BODY SWEAT Nicole (V)			INNER ATHLETE Lauren	

WEEKEND WARRIORS

	Saturday	Sunday
8:15 am	UPPER BODY SWEAT Christine (V); 8:00am LEVEL 2 SMALL GROUP STRENGTH Nicole	
9:15 am	GYM CLASS HEROES Christine; MENS ONLY STRENGTH CIRCUIT Brennan; KIDS ZONE Patricia; BABY GYM Vera	FULL BODY SWEAT Lina; KIDS ZONE Dawn; BABY GYM Courtney
10:15 or 10:30 am	SUPER CIRCUIT Nicole; KIDS ZONE Patricia; BABY GYM Vera	SUPER CIRCUIT Lauren; KIDS ZONE Dawn; BABY GYM Courtney; POWER PILATES Lina

(V) Virtual Class