




GROUP FITNESS SCHEDULE Winter 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 SPIN + SCULPT Lisa W.	5:45-6:30 CYCLING Kirsten	5:45-6:30 Bootcamp Amanda S.	5:45-6:30 SPIN + SCULPT Kirsten	5:45-6:30 CYCLING Haley	
9:15-10:15 WARM Gentle Flow Hali	9:15-10:15 SPIN + SCULPT Amanda W.	9:15-10:15 Power Hour Amanda W./Caitlyn	9:15-10:15 SPIN + STRETCH Ceejay	9:15-10:15 HOT Vinyasa Taiyler	9:15-10:00 CYCLING Instructor Rotation
					10:15-11:15 HOT Vinyasa Instructor Rotation
12:10-12:50 HIIT Laurie		12:10-12:50 WARM Vinyasa Michelle	12:10-12:50 SPIN + SCULPT Amanda	12:10-12:50 Bootcamp Julie	
5:15-6:00 CYCLING Haley	5:15-6:00 HOT Mat Pilates Taiyler	5:15-6:00 SPIN + SCULPT Rachel	5:15-6:00 TOTAL BODY BLAST Julie		
6:15-7:00 Step + Sculpt Keri	6:15-7:00 CYCLING Alicia	6:15-7:00 Bootcamp Amanda S.	6:15-7:00  Julie		
7:00-8:00 HOT Vinyasa Trisha	7:00-8:00 WARM Slow Flow Lisa S.	7:00-8:00 HOT Vinyasa Alana	7:00-8:00 WARM Slow Flow Mika		