

Group Fitness

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30 Zumba Sarah	2 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	3 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	4 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM	5 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	6 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	7 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Laurie
8 1:30 Zumba Rob	9 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	10 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	11 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	12 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	13 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	14 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Shanika
15 1:30 Zumba Shanika	16 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	17 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	18 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	19 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	20 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	21 8:30 Yoga TA *9:45 Let's test drive <u>BODYPUMP HEAVY</u> With BP instructor team* come join us 11:00 ZUMBA Sarah
22 1:30 Zumba Laurie	23 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	24 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	25 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	26 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	27 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	28 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Laurie