

Group Fitness

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy Shanika Shanika McLemore	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams SI Summer Isenhour		1) 5:15 BP Heavy Angel 7:00 BODYPUMP Angel *NO 9:00 Class today* 9:15 HIIT LF 10:15 BARRE KP 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM *7:00 Full Body Mobility JM	2) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn KW 12:00 BARRE KP *4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	3 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE KP 12:00 BODYPUMP CC	4 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
5 Happy Easter!!	6) <u>Opening at 8AM</u> 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE KP 6:15 HIIT JM *7:00 Full Body Mobility JM	7 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	8) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE KW 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM *7:00 Full Body Mobility JM	9) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn KW 12:00 BARRE KP *4:15 Pilates TS 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	10 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE KP 12:00 BODYPUMP CC	11 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Rob
12 1:30 Zumba Sarah	13) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates KP 10:30 Core Conditioning KW 12:00 BODYPUMP CC 5:15 BARRE SI 6:15 HIIT JM *7:00 Full Body Mobility JM	14 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates KP 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	15) 5:15 BP Heavy Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility Angel 9:15 HIIT Angel 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM *7:00 Full Body Mobility JM	16) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	17 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP KW	18 8:30 Yoga TA *9:45 BODYPUMP HEAVY With BP instructor team 11:00 ZUMBA Laurie
19 1:30 Zumba Laurie	20) 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 *7:00 Full Body Mobility JM	21 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	22) 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 *7:00 Full Body Mobility JM	23) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates SI 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	24 5:15 BODYPUMP SL 7:00 BODYPUMP KW * 9:15 Outside HIIT LF start inside studio * 10:15 BARRE SI 12:00 BODYPUMP CC	25 8:30 Yoga TA *9:45 Launching BODYPUMP 136 With BP instructor team Join us for new music and moves;)) 11:00 ZUMBA Sandra
26 1:30 Zumba Rob	27) 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 *7:00 Full Body Mobility JM	28 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 Sarah	29) 5:15 BODYPUMP KW 7:00 BODYPUMP SL 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 *7:00 Full Body Mobility JM	30) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates TS 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra		