Fall 2024 Group Fitness Schedule

subject to modification! For the most up-to-date schedule, go to IMLeagues

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle w/ Meredith 8-8:45am Studio C	Grit w/ Sammie 7-7:30am Studio B	Cycle w/ Makenna 8:30-9:15am Studio C	Grit w/ Sammie 7-7:30am Studio B	Core w/ Caroline 9-9:45am Studio B	Mystery Cycle 10-10:45am	Yoga w/Maddy 11-12pm Studio B
Yoga w/ Lindsey 8:30-9:30am Studio B	BodyPump w/ Amber S 8-9am Studio B	BodyPump w/ Anya 8:45-9:45am Studio B	Cycle w/ Meredith 8-8:45am Studio C	BodyPump w/ Carly 10-11am Studio B		BodyPump w/ Caroline 4-5pm Studio B
Cycle w/ Marnie 1-1:45pm Studio C	Cycle w/ Marnie 9:30-10:15am Studio C	Yoga Sculpt w/ Maddy 10-11am Studio B	BodyPump w/ Amber S 8-9am Studio B	Yoga w/ Lindsey 12-1pm Studio B		Dynamic Strength w/ Gabriella 5:30-6:30pm Studio B
BodyPump w/ Margo 2-3pm Studio B	Slow Flow w/ Gabriella 10-11am Studio B	Rhythm Ride w/ Zoe 10:30-11:15am Studio C	Sensory Friendly Yoga w/ Gabriella 10-11am Studio A	Rhythm Ride w/ Anya 1:15-2pm Studio C		
BodyPump w/ Anya 4-5pm Studio B	Sprint w/ Margo 2-2:30pm Studio C	Yoga w/ Lindsey 12-1pm Studio B	Yoga Sculpt w/ Amber N 11-12pm Studio B			
Kickboxing w/ Tom 5-6pm Studio A	BodyPump w/ Caroline 3-4pm Studio B	Zumba w/ Bri 2-3pm Studio B	Cycle w/ Arie 12:30-1:15pm Studio C			
Cycle w/ Makenna 5-5:45pm Studio C	Zumba w/ Bri 4:30-5:30pm Studio B	Zumba w/ Elizabeth 4-5pm Studio B	Power Up w/ Arie 2-2:30pm Studio B			
Yoga w/ Maddy 6-7pm Studio B	Rhythm Ride w/ Zoe 6-6:45pm Studio C	Cyce w/ Erin 5-5:45pm Studio C	Cycle w/ Erin 4-4:45pm Studio C			
Cycle w/ Arie 7-7:45pm Studio C	BodyCombat w/ Sammie 5:45-6:15pm Studio B	BodyPump w/ Margo 5:15-6:15pm Studio B	Kickboxing w/ Tom 4-5pm Studio A			
Core w/ Caroline 7:15-8pm Studio B	BodyBalance w/ Sammie 6:30-7:15pm Studio B	BodyPump w/ Carly 7-8pm Studio B	BodyBalance w/ Sammie 5-6pm Studio B			
	Zumba w/ Rachel 7-8pm Studio B		Sprint w/ Margo 6-6:30pm Studio C			
	BodyPump w/ Carly 7:30-8:30pm Studio B		Zumba w/ Rachel 7-8pm Studio B			

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