

Land and Cycle Group Exercise Schedule

Effective November 1st, 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Exercise Studio	5:30 AM		BODYPUMP™ Express Virtual :45		BODYPUMP™ Express Virtual :45		BODYPUMP™ Express Virtual :45	
	6:00 AM			BODYPUMP™ Virtual :60		BODYPUMP™ Michelle R. :60		
	7:00 AM		Strength Development™ Scott :45		Strength Development™ Emily :45		Barre Elizabeth :45	
	8:00 AM	CORE™ Virtual :15	Mat Pilates Debbie :55	Shapes™ Jorie :45	BODYPUMP™ Michelle R. :60	Fusion Tricia :45	BODYPUMP™ Express Tracy :45	CORE™ Virtual :15
	8:30 AM	Strength Development™ Virtual :45						Zumba® Debbie :55
	9:00 AM		Zumba® Debbie :55	Low-Impact Strength Maureen :55		Line Dance Demo Michelle R. :25	Yoga Flow Debbie :55	
	9:30 AM	Shapes™ Virtual :45			Sit and Strength Elizabeth :45	Beginner Boots Line Michelle R. :45		LesMills™ Variety Rotating :45
	10:30 AM	BODYPUMP™ Express Virtual :45	Yoga Flow Elaine :55	Strength and Balance Debbie :45	Balance Challenge Elizabeth :45	Strength and Balance Debbie :45	Sit and Strength Elizabeth :45	PILATES™ Virtual :45
	11:30 AM	BODYCOMBAT™ Virtual :45		Beginner Boots Line Michele G. :45	PILATES™ Virtual :45	BODYATTACK™ Virtual :45	CORE™ Virtual :45	BODYATTACK™ Virtual :45
	3:00 PM	breath yoga™ Virtual :45	hatha yoga™ Virtual :45	BODYPUMP™ Express Virtual :45	yin yoga™ Virtual :45	BODYPUMP™ Express Virtual :45	BODYPUMP™ Virtual :60	vinyasa yoga™ Virtual :45
	4:30 PM		Hyperkick Tracy :45	T.B.C. Michelle J. :45	BODYPUMP™ Virtual :60	Strength Development™ Emily :45	Hyperkick Rotating :45	
	5:30 PM		BODYPUMP™ Tracy :60	Zumba® Janet :55	Shapes™ Michelle J. :45	Dance Fitness Marissa :55	Shapes™ Virtual :45	
	6:45 PM		Line Dance Michelle R. :55		Strength Development™ Virtual :45			
	7:00 PM			Yoga Flow Yolanda :55		Yoga Flow Rotating :55		
Performance Studio	5:30 AM			Cycling Olga :45		Cycling Olga :45		
	7:30 AM	sprint™ Virtual :30	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	Cycling Joanie / Olga :45
	8:00 AM			THE TRIP™ Virtual :45		Cycling Plus Sommer :45		
	9:00 AM	THE TRIP™ Virtual :45	Cycling Joanie :45	THE TRIP™ Virtual :45	Cycling Joanie :45	THE TRIP™ Virtual :45	Cycling Jay :45	THE TRIP™ Virtual :45
	12:00 PM	THE TRIP™ Virtual :45	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	sprint™ Virtual :30	RPM™ Virtual :30	THE TRIP™ Virtual :45
	5:00 PM		THE TRIP™ Virtual :45	Studio Reserved Rotating :50	THE TRIP™ Virtual :45	Studio Reserved Rotating :50	sprint™ Virtual :30	
	7:00 PM		RPM™ Virtual :30	THE TRIP™ Virtual :45	RPM™ Virtual :30	THE TRIP™ Virtual :45		