

Group Fitness Schedule

Updated Apr 13th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Synergy (F) 7:15-8AM	Sweat (W)6:45-7:30AM	Vinyasa Yoga (A) 7-8AM	Vinyasa Yoga (A)7-8AM	Hatha Yoga (A) 6:30-7:30AM	Synergy (F)8-8:45 AM	Power Yoga (A) 7:30-8:30AM
Strength (W)9-10AM	Vinyasa Yoga (A)7-8AM	Core (W) 7:15-8AM	Strength (W) 8:00-8:45AM	Gentle Tone (G) 10:45-11:45AM	Synergy (F)9-9:45AM	Synergy (F) 8:15-9 AM
Gentle Tone (W) 11:15-12:15PM	Latin Dance (E) 9:30 –10:30AM	Cycle (H)7:15-8am	Gentle Tone (W) 9-10AM	Cycle (H) 12:15-1:15PM	Power Yoga (A)7:30–8:30AM	Cycle (H) 9:30-10:15AM
Mossa Group Power (W) 12:30-1:30PM	Fusion (W)9-10AM	Gentle Tone (G) 9-10AM	Aquafit (P)9-9:45AM	Fusion (W)12-1PM	Step (W) 8:15-9:15AM	Mossa Group Power (F) 9:30-10:30AM
Stretch (A) 1-1:30PM	Hatha Yoga (A) 11-12PM	Synergy (F) 9:30-10:15AM		Aquafit (P)12-12:45PM	Cycle (H) 9:30-10:30AM	Zumba Toning (E) 10:45-11:30AM
Synergy (F)1:30-2:15PM	Cycle (H)12-12:45PM	Aquafit (P) 10:15-11AM			Strength (W) 9:30 –10:30AM	Aquafit (P) 1-1:45 PM
Aquafit (P)2-2:45PM	Gentle Tone (W) 1:15-2PM	Strength (W)1:15-2:15PM	Synergy (F) 2-2:45PM		Vinyasa Yoga (A) 10-11AM	
	Aquafit (P)2:15-3PM	Synergy (F) 2:30-3:15PM	Barre (W)4:15-5:15PM	Synergy 1:30-2:15PM	Persian Dance (W) 10:45-11:30AM	
Evening – Close						
Power Yoga (A) 5-6PM	Group Power (W) 4:15-5:15PM	Cardio Dance (E) 5:15-6:15PM	Synergy (F)4:30-5:15PM			Hatha Yoga (A) 3:30-4:30PM
Step and Strength (G) 6-7PM	Synergy (F)4:15-5PM	Power Yoga (A)5:15 TO 6:15PM	Pilates (A) 5:15-6PM	Step (W) 4:30-5:30PM		Flow Yoga (A)7-8PM
Cycle (H) 6-7PM	Cardio Dance (E) 4:30-5:15PM	Strength (W) 5:30-6:30PM	Step (W) 5:30-6:30PM	Hatha Yoga (A) 5-6PM		
Zumba (G) 7:15-8PM	Power Yoga (A) 5-6PM	Cycle (H)6-6:50PM	Cardio Dance (E) 5:45-6:30PM	Strength (W) 5:45-6:45PM		
Stretch (A) 6:15-7:15PM	Step and Strength (G) 5:30-6:30PM	Vinyasa Yoga (A) 6:45-7:45PM	Cycle (H) 6-6:45PM	Cycle (H) 6-7PM		
Synergy (F)8-8:45PM	Cycle (H) 6-7PM	Step (W) 6:45-7:45PM	Dance Fit (A) 6:15-7:15PM	Hatha Yoga (A) 6:15-7:15PM		
Yin and Meditation Yoga (A)7:30-8:30PM	Vinyasa Yoga (A) 6:15-7:15PM	Synergy (F) 7:45-8:30PM	Mossa Group Power (G) 6:45-7:45PM			

Room Guide: (G) Gymnasium · (W) West Gymnasium · (E) East Gymnasium · (H) Hume Studio · (A) Active Living Studio 2 · (P) Pool. Functional room (F)

