

JUL 2025

FITNESS CLASS SCHEDULE

MON

TUE

WED

THU

FRI

01

02

03

04

SIGN UP AT THE FRONT DESK (DROP INS WELCOME)

***SPACE LIMITED**

\$10 PER CLASS

PLEASE BRING YOUR OWN YOGA MAT

07

08

09

10

11

5:05-5:30 HIIT
5:30-5:55 Gentle Yoga
6:05-6:30 Strength
6:30-6:55 HIIT

5:05-5:30 Vinyasa
5:30-5:55 Hatha
6:05-6:30 Vinyasa
6:30-6:55 Hatha

5:05-5:30 HIIT
5:30-5:55 Strength
6:05-6:30 HIIT
6:30-6:55 Gentle Yoga

14

15

16

17

18

5:05-5:30 HIIT
5:30-5:55 Strength
6:05-6:30 HIIT
6:30-6:55 Gentle Yoga

5:05-5:30 Hatha
5:30-5:55 Vinyasa
6:05-6:30 Hatha
6:30-6:55 Vinyasa

5:05-5:30 HIIT
5:30-5:55 Gentle Yoga
6:05-6:30 Strength
6:30-6:55 HIIT

21

22

23

24

25

5:05-5:30 HIIT
5:30-5:55 Gentle Yoga
6:05-6:30 Strength
6:30-6:55 HIIT

5:05-5:30 Vinyasa
5:30-5:55 Hatha
6:05-6:30 Vinyasa
6:30-6:55 Hatha

5:05-5:30 HIIT
5:30-5:55 Strength
6:05-6:30 HIIT
6:30-6:55 Gentle Yoga

28

29

30

31

5:05-5:30 HIIT
5:30-5:55 Strength
6:05-6:30 HIIT
6:30-6:55 Gentle Yoga

5:05-5:30 Hatha
5:30-5:55 Vinyasa
6:05-6:30 Hatha
6:30-6:55 Vinyasa

5:05-5:30 HIIT
5:30-5:55 Gentle Yoga
6:05-6:30 Strength
6:30-6:55 HIIT

HIIT: Short burst of high intensity activity and period of rest.

Strength: Workout that uses resistance training to build muscle, involving weight and bodyweight.

Gentle Yoga: A slow-paced practice focused on relaxation and flexibility.

Vinyasa: A dynamic yoga style flowing through a series of poses in a continuous sequence.

Hatha: Traditional yoga practice emphasizing postures and breath control.