

SEP 2025

FITNESS CLASS SCHEDULE

Sign up @ front desk (drop ins welcome)

\$20 per class

Please bring own yoga mat

*Space Limited

MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06
	4:20-5:05 Strength 5:20-6:00 HIIT 6:20-7:05 Yoga		4:20-5:05 Vinyasa 5:20-6:05 Hatha 6:20-7:05 Vinyasa		NO CLASS
08	09	10	11	12	13
4:20-5:05 Strength 5:20-6:05 HIIT 6:20-7:05 Gentle Yoga	4:20-5:00 Strength 5:20-6:00 HIIT 6:20-7:05 Gentle Yoga		4:20-5:05 Vinyasa 5:20-6:05 Hatha 6:20-7:05 Vinyasa		9:05-9:50 Hatha 10:05-10:50 Vinyasa
15	16	17	18	19	20
4:20-5:05 Strength 5:20-6:05 HIIT 6:20-7:05 Gentle Yoga	4:20-5:00 Strength 5:20-6:00 HIIT 6:20-7:05 Gentle Yoga		4:20-5:05 Vinyasa 5:20-6:05 Hatha 6:20-7:05 Vinyasa		9:05-9:50 Hatha 10:05-10:50 Vinyasa
22	23	24	25	26	27
4:20-5:05 Strength 5:20-6:05 HIIT 6:20-7:05 Gentle Yoga	4:20-5:00 Strength 5:20-6:00 HIIT 6:20-7:05 Gentle Yoga		4:20-5:05 Vinyasa 5:20-6:05 Hatha 6:20-7:05 Vinyasa		9:05-9:50 Hatha 10:05-10:50 Vinyasa
29	30				
4:20-5:05 Strength 5:20-6:05 HIIT 6:20-7:05 Gentle Yoga	4:20-5:00 Strength 5:20-6:00 HIIT 6:20-7:05 Gentle Yoga				

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

Strength: Workout that uses resistance training to build muscle.

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

Vinyasa: A dynamic yoga style flowing through a series of poses

Hatha: Traditional yoga practice emphasizing posture and breath control.