

FITNESS CLASS SCHEDULE | WEEK 1/12/2026

MONDAY

NO CLASS*

WILL BE RESCHEDULED WITH ANOTHER FORMAT ON FRIDAY

TUESDAY

10:00AM – 11:00AM | MIRIAM
CARDIO SCULPT

6:30PM – 7:30PM | ANNA
BARRE

WEDNESDAY

6:00PM – 7:00PM | MIRIAM
FORMAT TBA

7:15PM – 8:15PM | GINA
YOGA

THURSDAY

6:00PM – 7:00PM | WILLIAM
ZUMBA

FRIDAY

4:00PM – 5:00PM | GINA*
YOGA

SATURDAY

9:30AM – 10:30AM | ANNA
BARRE

SUNDAY

NO CLASS

ALL CLASSES SUBJECT TO INSTRUCTOR/TIME CHANGE