

February 2026



gym schedule

SUN	MON	TUE	WED	THU	FRI	SAT
1 Open Gym: 10am-2pm Classes: 9am Yoga Flow 2pm Yoga Recovery	2 Open Gym: 1:30pm-5:30pm Classes: 12:30pm Mat Pilates 5:30pm HIIT Pilates 6:30pm Yoga Flow	3 Open Gym: 8am-11am Classes: 11am Yoga Flow 12pm HIIT Pilates 1pm Mat Pilates	4 Open Gym: 1:30pm-6:30pm Classes: 12:30pm Mat Pilates 6:30pm HIIT Pilates	5 Open Gym: 8am-12pm & Classes: 12pm Yoga Flow 5:30pm HIIT Pilates 6:30pm Yoga Recovery	6 CLOSED	7 Open Gym: Closed Classes: 8:30am Yoga Flow 9:30am Mat Pilates
8 Open Gym: 10am-2pm Classes: 9am Yoga Flow 2pm Yoga Recovery	9 Open Gym: 1:30pm-5:30pm Classes: 12:30pm Mat Pilates 5:30pm HIIT Pilates 6:30pm Yoga Flow	10 Open Gym: 8am-11am Classes: 11am Yoga Flow 12pm HIIT Pilates 1pm Mat Pilates	11 Open Gym: 1:30pm-6:30pm Classes: 12:30pm Mat Pilates 6:30pm HIIT Pilates	12 Open Gym: 8am-12pm & Classes: 12pm Yoga Flow 5:30pm HIIT Pilates 6:30pm Yoga Recovery	13 CLOSED	14 Open Gym: Closed Classes: 8:30am Yoga Flow 9:30am Mat Pilates
15 Open Gym: 10am-2pm Classes: 9am Yoga Flow 2pm Yoga Recovery	16 Open Gym: 1:30pm-5:30pm Classes: 12:30pm Mat Pilates 5:30pm HIIT Pilates 6:30pm Yoga Flow	17 Open Gym: 8am-11am Classes: 11am Yoga Flow 12pm HIIT Pilates 1pm Mat Pilates	18 Open Gym: 1:30pm-6:30pm Classes: 12:30pm Mat Pilates 6:30pm HIIT Pilates	19 Open Gym: 8am-12pm & Classes: 12pm Yoga Flow 5:30pm HIIT Pilates 6:30pm Yoga Recovery	20 CLOSED	21 Open Gym: Closed Classes: 8:30am Yoga Flow 9:30am Mat Pilates
22 Open Gym: 10am-2pm Classes: 9am Yoga Flow 2pm Yoga Recovery	23 Open Gym: 1:30pm-5:30pm Classes: 12:30pm Mat Pilates 5:30pm HIIT Pilates 6:30pm Yoga Flow	24 Open Gym: 8am-11am Classes: 11am Yoga Flow 12pm HIIT Pilates 1pm Mat Pilates	25 Open Gym: 1:30pm-6:30pm Classes: 12:30pm Mat Pilates 6:30pm HIIT Pilates	26 Open Gym: 8am-12pm & Classes: 12pm Yoga Flow 5:30pm HIIT Pilates 6:30pm Yoga Recovery	27 CLOSED	28 Open Gym: Closed Classes: 8:30am Yoga Flow 9:30am Mat Pilates