



SUMMER 2026 CLASS SCHEDULE



FITNESS • MARTIAL ARTS • DANCE • OUTDOOR ADVENTURE • WELLNESS • RECOVERY

SCAN TO BOOK
YOUR CLASS

NEW PARTNERS. MORE OPPORTUNITIES. ONE SHARED MISSION.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> Alpine Breathwork with Steve 8:30 am – 1 hour Steve Selver HATC Atrium 2nd Floor Loft All Levels • Class size: 30 BOOK</p> <p> Mommy & Me Movement (Parent + Child) 10:30 am – 45 minutes Dalar Ghanbari HATC Atrium 2nd Floor Loft All Levels • Class size: 15 BOOK</p> <p> Jiu Jitsu Open Mat 11:00 am – 2 hours Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 20 BOOK</p> <p> Sunset Reflection Hike 6:30 pm – 1 hour 30 minutes Shauna Pomrehnau Woodland Trail – 41948 N Shore Dr, Big Bear, CA 92314 All Levels • Class size: 6 BOOK</p>	<p> Mat Floor Pilates 5:30 pm – 1 hour Erin Kessell HATC Atrium 2nd Floor Loft Mixed Levels • Class size: 25 BOOK</p>	<p> Yoga for Healing 8:00 am – 1 hour Alyssabeth Knerr HATC Atrium 2nd Floor Loft All Levels • Class size: 25 BOOK</p> <p> Tiny Kids Gi BJJ (4-7) 4:00 pm – 30 minutes Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 20</p> <p> Kids Gi BJJ (8-12) 4:30 pm – 1 hour Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 35 BOOK</p> <p> Highland Barre (13yo +) 5:00 pm – 45 minutes Dalar Ghanbari HATC Atrium 2nd Floor Loft All Levels • Class size: 10 BOOK</p> <p> Teen & Adult Gi BJJ (13+) 6:00 pm – 1 hour 30 minutes Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 40 BOOK</p>	<p> BASECAMP Full-Body Foundational Circuit Training 7:30 am – 1 hour Matthew Padilla Stillwell The HATC Main Floor ALL.LOW • Class size: 15 All Levels • Class size: 15 BOOK</p> <p> Morning Yoga w/Dana 8:00 am – 1 hour Dana Andrews HATC Atrium 2nd Floor Loft All Levels • Class size: 25 BOOK</p> <p> Tiny Kids No-Gi BJJ (4-7) 4:00 pm – 30 minutes Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 20 BOOK</p> <p> Kids No-Gi BJJ (8-12) 4:30 pm – 1 hour Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 35 BOOK</p> <p> Teen & Adult No-Gi BJJ (13+) 6:00 pm – 1 hour 30 minutes Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 40 BOOK</p>	<p> Tiny Boxing (5-8) 4:00 pm – 30 minutes Moses Tompkins HATC Martial Arts Dojo All Levels • Class size: 14 BOOK</p> <p> Kids Boxing (9-13) 4:30 pm – 1 hour Moses Tompkins HATC Martial Arts Dojo All Levels • Class size: 15 BOOK</p> <p> Highland Barre (13yo +) 5:00 pm – 45 minutes Dalar Ghanbari HATC Atrium 2nd Floor Loft All Levels • Class size: 10 BOOK</p> <p> Calisthenics @ HATC (Altitude Circuit Training) 5:30 pm – 1 hour Steve Selver The HATC Main Floor All Levels • Class size: 12 BOOK</p> <p> Mat Yoga w/Amanda 5:30 pm – 1 hour Amanda Carlin HATC Atrium 2nd Floor Loft All Levels • Class size: 10 BOOK</p> <p> Teen & Adult Boxing (14 +) 6:00 pm – 1 hour Moses Tompkins HATC Martial Arts Dojo All Levels • Class size: 20 BOOK</p> <p> Teen & Adult BJJ (13+) 7:00 pm – 1 hour Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 30 BOOK</p>	<p> Calisthenics @ HATC (Altitude Circuit Training) 8:00 am – 1 hour Steve Selver The HATC Main Floor All Levels • Class size: 12 BOOK</p> <p> Women's Striking 5:00 pm – 1 hour Jessica Deffenbaugh The HATC Main Floor Mixed Levels • Class size: 20 BOOK</p> <p> Teen & Adult No-Gi BJJ (13+) 6:00 pm – 1 hour 30 minutes Jessica Deffenbaugh HATC Martial Arts Dojo All Levels • Class size: 40 BOOK</p> <p> BASECAMP Full-Body Foundational Circuit Training 6:30 pm – 1 hour Matthew Padilla Stillwell The HATC Main Floor All Levels • Class size: 15 BOOK</p>	<p> Chair Yoga w/Amanda 9:45 am – 1 hour Amanda Carlin HATC Atrium 2nd Floor Loft All Levels • Class size: 9 BOOK</p> <p> Tiny Boxing (5-8) 4:00 pm – 30 minutes Moses Tompkins HATC Martial Arts Dojo All Levels • Class size: 14 BOOK</p> <p> Kids Boxing (9-13) 4:30 pm – 1 hour Moses Tompkins HATC Martial Arts Dojo All Levels • Class size: 15 BOOK</p> <p> Highland Barre (13yo +) 5:00 pm – 45 minutes Dalar Ghanbari HATC Atrium 2nd Floor Loft All Levels • Class size: 10 BOOK</p> <p> Teen & Adult Boxing (14 +) 6:00 pm – 1 hour Moses Tompkins HATC Martial Arts Dojo All Levels • Class size: 20 BOOK</p> <p> Sunset Reflection Hike 6:30 pm – 1 hour 30 minutes Shauna Pomrehnau Woodland Trail – 41948 N Shore Dr, Big Bear, CA 92314 All Levels • Class size: 6 BOOK</p>

ELEVATE
YOUR PERFORMANCE

TRAIN AT
6,752 FT

RECOVER.
RECHARGE.

BUILD STRENGTH.
BUILD COMMUNITY.

ALL LEVELS
WELCOME

30+ WEEKLY
CLASSES

FITNESS • MARTIAL ARTS • DANCE • OUTDOOR ADVENTURE • WELLNESS

HIGHLANDER DANCE CO.

INCLUDED MEMBER CLASSES

- Highland Barre (13yo+)**
Mon / Wed / Fri – 5:00 pm
- Mommy & Me Movement**
Sat – 10:30 am
- Highland Barre (13yo+)**
Sat – 11:30 am

SUMMER DANCE COURSES (REGISTRATION REQUIRED)
Tuesdays & Thursdays

- Mommy & Me (18mo-3y)** 10:30 am – 11:15 am
- Creative Movement (3-5y)** 3:45 pm – 4:30 pm
- Pre-Ballet (4-6y)** 4:30 pm – 5:30 pm
- Ballet Barre (6y+)** 5:30 pm – 6:30 pm

Structured multi-week courses. Separate registration required.