

Group Fitness Schedule

Updated Apr 19th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Synergy(F) 7:15-8AM	Sweat(W) 6:45-7:30AM	Vinyasa Yoga (A) 7-8AM	Vinyasa Yoga(A) 7-8AM	Hatha Yoga(A) 6:30-7:30AM	Synergy(F) 8-8:45 AM	Power Yoga (A) 7:30-8:30AM
Strength(W) 9-10AM	Vinyasa Yoga(A) 7-8AM	Core (W) 7:15-8AM	Strength (W) 8:00-8:45AM	Cycle(H) 7:15-8 AM	Synergy(F) 9-9:45AM	Synergy(F) 8:15-9 AM
Gentle Tone (W) 11:15-12:15PM	Latin Dance (E) 9:30 –10:30AM	Cycle(H) 7:15-8am	Gentle Tone(W) 9-10AM	Gentle Tone (G) 10:45-11:45AM	Power Yoga(A) 7:30–8:30AM	Cycle (H) 9:30-10:15AM
Mossa Group Power (W) 12:30-1:30PM	Fusion(W) 9-10AM	Gentle Tone (G) 9-10AM	Aquafit(P) 9-9:45AM	Cycle (H) 12:15-1:15PM	Step (W) 8:15-9:15AM	Mossa Group Power (F) 9:30-10:30AM
Stretch (A) 1-1:30PM	Hatha Yoga (A) 11-12PM	Synergy(F) 9:30-10:15AM		Fusion(W) 12-1PM	Cycle (H) 9:30-10:30AM	Zumba Toning (E) 10:45-11:30AM
Synergy(F) 1:30-2:15PM	Cycle(H) 12-12:45PM	Aquafit(P) 10:15-11AM		Aquafit(P) 12-12:45PM	Strength(W) 9:30 –10:30AM	
Aquafit(P) 2-2:45PM	Gentle Tone(W) 1:15-2PM	Strength(W) 1:15-2:15PM	Synergy (F) 2-2:45PM		Vinyasa Yoga (A) 10-11AM	
Hip hop(W) 4:30-5:30PM	Aquafit(P) 2:15-3PM	Synergy(F) 2:30-3:15PM	Barre(W) 4:15-5:15PM	Synergy 1:30-2:15PM	Persian Dance (W) 10:45-11:30AM	
Evening – Close						
Power Yoga (A) 5-6PM	Group Power (W) 4:15-5:15PM	Cardio Dance (E) 5:15-6:15PM	Synergy (F) 4:30-5:15PM			Hatha Yoga(A) 3:30-4:30PM
Step and Strength(G) 6-7PM	Synergy(F) 4:15-5PM	Power Yoga(A) 5:15PM 6:15PM	Pilates (A) 5:15-6PM	Step (W) 4:30-5:30PM		Flow Yoga(A) 7-8PM
Cycle(H) 6-7PM	Cardio Dance (E) 4:30-5:15PM	Strength (W) 5:30-6:30PM	Step(W) 5:30-6:30PM	Hatha Yoga(A) 5-6PM		
Zumba (G) 7:15-8PM	Power Yoga(A) 5-6PM	Cycle (H) 6-6:50PM	Cardio Dance(E) 5:45-6:30PM	Strength (W) 5:45-6:45PM		
Stretch (A) 6:15-7:15PM	Step and Strength (G) 5:30-6:30PM	Vinyasa Yoga (A) 6:45-7:45PM	Cycle (H) 6-6:45PM	Cycle(H) 6-7PM		
Synergy(F) 8-8:45PM	Cycle (H) 6-7PM	Step (W) 6:45-7:45PM	Dance Fit (A) 6:15-7:15PM	Hatha Yoga (A) 6:15-7:15PM		
Yin and Meditation Yoga(A) 7:30-8:30PM	Vinyasa Yoga (A) 6:15-7:15PM	Synergy(F) 7:45-8:30PM	Mossa Group Power (G) 6:45-7:45PM			

Room Guide: (G) Gymnasium · (W) West Gymnasium · (E) East Gymnasium · (H) Hume Studio · (A) Active Living Studio 2 · (P) Pool. Functional room (F)

