

Group Fitness Schedule – Updated Jan 26th, 2026

Room Guide:

**(G) Full Gym - (W) West Gym - (E) East Gym - (H) Hume Studio
(A) Active Living Studio2 - (P) Pool - (F) Functional Room**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING and AFTERNOON						
Strength (W) 8:30-9:30AM	Vinyasa Yoga (A) 7-8AM	Vinyasa Yoga (A) 7-8AM	Vinyasa Yoga (A) 7-8AM	Hatha Yoga (A) 6:30-7:30AM	Power Yoga (A) 7:30-8:30AM	Synergy (F) 8:15-9 AM
Aquafit 9:30-10:15AM	Sweat and Sculpt (W) 9-10AM	Cycle (H) 7:15-8am	Gentle Tone (W) 9-10AM	Cycle (H) 7:15-8 AM	Step (W) 8:15-9:15AM	Cycle (H) 9-9:45AM
Hatha Yoga (A) 11-12:15	Aquafit(P) 10:15 to 11AM	Gentle Tone(G) 9-10AM	Synergy (F) 9-9:45am	Hatha Yoga(A) 9:15-10:15AM	Synergy (F) 9-9:45AM	Mossa Group Power (G) 9:30-10:30AM
Gentle Tone (W) 11:15-12:15PM	Hatha Yoga (A) 11-12PM	Synergy (F) 9:30-10:15AM	Aquafit(P) 10:1511AM	Gentle Tone(G) 10:30-11:45AM	Cycle (H) 9:30-10:30AM	Flow Yoga (A) 10-11AM
Mossa Group Power (W) 12:30-1:30PM	Mossa Group Power(W) 12 to 1PM	Aquafit (P) 10:15-11AM	Hatha Yoga (A) 11-12:15 PM	Aquafit (P) 12-12:45PM	Strength (W) 9:30 –10:30AM	Zumba(W) 10:45-11:30AM
Kid's Soccer(E) 4:15 to 5:15 PM		Vinyasa Yoga (A) 11:30-12:30PM	Strength(W) 12:15 to 1 PM	Cycle (H) 12:15-1:15PM	Synergy (F) 10-10:45AM	
Hip Hop (W) 4:45-5:45PM		Group Power (W) 12:15-1PM	Vinyasa Yoga(A) 1:30-2:30PM	Hatha Yoga (A) 1:30-2:30PM	Vinyasa Yoga (A) 10-11AM	
Power Yoga (A) 5-6PM		Cycle (H) 5 to 5:45 PM	Synergy (F) 2-2:45PM		Persian Dance (W) 10:45-11:30AM	
Vinyasa Yoga(A) 6:15 to 7:15 pm		Strength (G) 5:30-6:30PM	Barre (W) 4:15-5:15PM			
Step and Strength (G) 6-7PM	Cardio Dance(E) 4:30-5:15	Hatha Yoga(A) 5:15 to 6:15 PM	Pilates (A) 5:15-6PM			
Cycle(H) 6-7PM	Vinyasa Flow Yoga(A) 4:45-5:45pm	Synergy (F) 5:45-6:30PM	Advanced Step (W) 5:30-6:30PM			
EVENING						
Cycle(H) 7:15 to 8 PM	Step and Strength (G) 5:30-6:30PM	Cycle (H) 6-6:50PM	Kid's Basketball(E) 4:15 to 5:15 PM	Advanced Step (W) 4:30-5:30PM	Hip Hop (A) 5-6PM	Hatha Yoga(A) 7 to 8 PM
Zumba(W) 7:15-8PM	Cycle (H) 6-7PM	Vinyasa Yoga (A) 6:30-7:30PM	Cardio Dance (E) 5:30-6:15PM	Hatha Yoga (A) 5-6PM		
Synergy(F) 7:15-8PM	Vinyasa Yoga (A) 6:15-7:15PM	Zumba (E) 6:45-7:45PM	Cycle (H) 6-6:45PM	Strength (W) 5:45-6:45PM		
Yin & Meditation Yoga (A) 7:30-8:30PM	HIIT(F) 6:30to7:15 PM	Advanced Step(w) 6:45-7:45PM	Mossa Group Power(G) 6:45-7:45PM			
	Persian Dance (A) 7:30-8:30 PM	Pilates(W) 7:45-8:30pm	Vinyasa Yoga(A) 6:45-7:45pm			
		Synergy(F) 7:45-8:30pm				