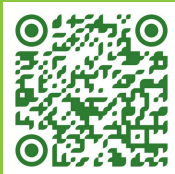


GROUP FITNESS

Schedule Effective 1/21/2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
Group Ride 5:15 - 6:15 AM Ride Studio	Group Power 5:15 - 6:15 AM Studio 1	Group Ride 5:15 - 6:15 AM Ride Studio	Group Power 5:15 - 6:15 AM Studio 1	Group Ride 5:15 - 6:15 AM Ride Studio	Group Ride 8:00 - 9:00 AM Ride Studio
High Fitness 5:15 - 6:15 AM Studio 1	Strength & Balance 8:00 - 9:00 AM Studio 1	Group Fight 5:15 - 6:15 AM Studio 1	Strength & Balance 8:00 - 9:00 AM Studio 1	High Fitness 5:15 - 6:15 AM Studio 1	High/Surge 8:00 - 9:00 AM Studio 1
High Low 8:00 - 9:00 AM Studio 1	Group Ride 9:15 a.m. - 10:15 AM Ride Studio	Zumba Gold 8:00 - 9:00 AM Studio 1	Group Ride 9:15 - 10:15 AM Ride Studio	Strength & Step 8:00 - 9:00 AM Studio 1	Extended Ride 9:05 - 11:05 AM Ride Studio
Group Ride 9:15 - 10:15 AM Ride Studio	Group Centergy 9:15 - 10:15 AM Studio 3	Group Ride 9:15 - 10:15 AM Ride Studio	High Low 9:15 - 10:15 AM Studio 1	Intro to Yoga 8:00 - 9:30 AM Studio 2	Group Centergy 9:15 - 10:15 AM Studio 3
bootybarre 9:15 - 10:15 AM Studio 3	Group Fight 9:15 - 10:15 AM Studio 1	Upbeat Barre 9:15 - 10:15 AM Studio 3	Group Centergy 9:15 - 10:15 AM Studio 3	bootybarre 9:15 - 10:15 AM Studio 3	Group Power 9:15-10:15 AM Studio 1
Group Power 9:15 - 10:15 AM Studio 1		Group Power 9:15 - 10:15 AM Studio 1		Group Ride 9:15 - 10:15 AM Ride Studio	Zumba 10:30 - 11:30 AM Studio 1
Yoga Tone 10:30 - 11:30 AM Studio 3		Yoga Tone 10:30 - 11:30 AM Studio 3		Dance Fit 9:15 - 10:15 AM Studio 1	Rotating Saturday Morning Classes JANUARY 1/3 SURGE 1/10 HIGH 1/17 GF LAUNCH 10/24 HIGH 1/31 SURGE FEBRUARY 2/7 HIGH 2/14 SURGE 2/21 HIGH 2/28 SURGE
New Class: Dance Fit This high-energy class blends easy-to-follow dance moves with current pop hits, global music, Latin, and some throwbacks. An hour of cardio, coordination, and mood boosting fun! All levels welcome, and no dance experience required.				Yoga Flow 10:30 - 11:30 AM Studio 3	
Evening Classes					
Group Ride 5:30 - 6:30 PM Ride Studio	Special Needs Zumba 4:30 - 5:15 p.m. Studio 3	bootybarre 5:30 - 6:30 PM Studio 3	Group Power 5:40 - 6:30 PM Studio 1	 LAUNCH PARTY SAT. JAN 17! 8:00 FIGHT 9:15 CENTERGY STUDIO 1  	
Group Centergy 5:30 - 6:30 PM Studio 3	Group Power 5:40 - 6:30 PM Studio 1	Surge Hybrid 5:40 - 6:40 PM Studio 1	Yoga Tone 6:00 - 7:00 PM Studio 3		
Surge Fit 5:40 - 6:40 PM Studio 1	Yoga 1 (Heated) 6:00 - 7:30 p.m. Studio 3		Adult Karate 7:50 - 9:00 p.m. Studio 1		
Power Yoga 6:30 - 7:30 PM Studio 2	High Fitness 6:45 - 7:45 PM Studio 2				
Dance Fit 6:45 - 7:45 PM Studio 1	Adult Karate 7:50 - 9:00 p.m. Studio 1				