

SUMMER FITNESS SCHEDULE 2026

SCHEDULE EFFECTIVE: JUNE 29TH – SEPTEMBER 13TH, 2026

Classes may be cancelled due to low sign up.
Instructors may change with no notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:45am	HIIT45 EMILY/DALMA45min		HIIT45 EMILY/DALMA45min		HIIT45 DALMA45min		
06:30am	FUSION EMILY/DALMA60min		YOGA (HATHA) EMILY/DALMA60min		HIIT45 DALMA45min		
08:00am						CHECK YOUR MEMBER APP, ONLINE, OR WITH THE FRONT DESK FOR THE CLASSES AND INSTRUCTORS FOR THE WEEK SATURDAY Roulette 8:00AM AND 9:00AM* *ROTATING TRAINER AND CLASSES	
08:45am	HIIT45 ASHLEY45min	PILATES DALMA45min	HIIT45 EMILY45min	SpinPOWER30 DALMA30min	PILATES DALMA45min		
09:00am							GROUP POWER MARIKA60min
09:30am	GROUP POWER ASHLEY60min	activeCIRCUIT DALMA60min	SCULPT & burn EMILY60min CARDIO TENNIS MIRAN60min	activeCIRCUIT DALMA60min	GROUP POWER DALMA60min		
10:00am							GROUP CENTERGY CLAIRE60min
10:30am	YOGA (GENTLE) GLENN60min	GROUP CENTERGY CLAIRE60min	YOGA (GENTLE) EMILY60min	GROUP CENTERGY REBECCA60min	YOGA (RESTORATIVE) EMILY60min		
11:30am					GROUP CENTERGY :30 REBECCA30min		
05:00pm		*PROGRAMS ALTERNATE EVERY OTHER WEEK* PILATES DALMA CHISEL'D MARIKA45min		*PROGRAMS ALTERNATE EVERY OTHER WEEK* Line dancing STEPH HIIT45 STEPH45min			
05:30pm	SCULPT & burn EMILY60min		FUSION EMILY60min				
05:45pm		*PROGRAMS ALTERNATE EVERY OTHER WEEK* activeCIRCUIT DALMA HARD core MARIKA45min		*PROGRAMS ALTERNATE EVERY OTHER WEEK* HIIT45 STEPH Line dancing STEPH45min			
06:30pm	YOGA (HATHA) EMILY60min	ZUMBA fitness LIZ60min CARDIO TENNIS JEN60min	*YOGA NIDRA RUNS EVERY 3rd WEDNESDAY OF THE MONTH* YOGA (RESTORATIVE) EMILY60min YOGA (NIDRA) EMILY60min	YOGA (VINYASA) JESSIE60min			

*Schedule subject to change without notice.

