Class Schedule
November 2026

Day	Start	End	Class
Monday	12:00pm	12:50pm	STRENGTH CIRCUIT
	2:00pm	3:00pm	WEIGHT ROOM CIRCUIT
	5:30pm	6:30pm	WEIGHT ROOM CIRCUIT
	6:30pm	7:25pm	WEIGHT ROOM CIRCUIT
Tuesday	9:00am	10:15am	YOGA with Kirsten
	10:45am	11:45am	UPRIGHT PILATES
	4:00pm	4:55pm	PILATES INTERMEDIATE (online and in-person)
	5:30pm	6:25pm	PILATES INTERMEDIATE
	6:45pm	8:00pm	YOGA with Kirsten
Wednesday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:30am	11:15am	SPIN – Interval Ride
	12:00pm	12:50pm	STRENGTH CIRCUIT
Thursday	9:15am	10:10am	PILATES INTERMEDIATE
	10:30am	11:25am	PILATES INTERMEDIATE
	5:30pm	6:25pm	CARDIO STRENGTH CIRCUIT
Friday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:15am	11:10am	WEIGHT ROOM CIRCUIT
	11:15am	12:10pm	WEIGHT ROOM CIRCUIT
	12:30pm	1:20pm	STRENGTH CIRCUIT
Sunday	10:00am	11:00am	60 min Spin (Nov 8 and 22)

We also offer Facility Memberships, Personal Training and Reformer Training

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