

GROUP FIT SCHEDULE - WINTER 2026

EFFECTIVE JANUARY 2, 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|--|---|
| 7:45-8:30am  Lou | 5:10-6:00am  Lou | 7:45-8:15am  Patti | 7:45-8:30am  Lou | 8:00-9:00am  Patti | 7:15-7:45am  Lynn | 8:00-9:00am  Scott/Lisa |
| 9:15-10:15am  Ledys | 9:15-10:15am  Alisha | 8:30-9:15am CORE AND MORE Patti | 8:00-9:00am  Classic Candy | 9:15-10:00am CORE AND MORE Patti | 8:00-9:00am  MJ | 9:00-10:00am  Patti |
| 10:15-11:00am CORE AND MORE Kristie | 10:30-11:15am CORE AND MORE Kristie | 9:15-10:00am  Alisha | 9:15-10:15am  Candy | 10:15-11:15am  Candy | 9:00-9:45am  Lynn | 9:00-10:00am  Nikki |
| 5:00-6:00pm  Nikki/Joe | 11:30am-12:30pm  Classic Kristie | 10:00-10:45am MAT PILATES Alisha | 10:15-11:15am  Maggie | 11:30am-12:30pm  Classic Ledys | 9:00-10:00am  Gina | 10:00-11:00am  Gina |
| 6:00-7:00pm  Scott/Lynn | 5:30-6:30pm  Kathy K. | 11:15am-12:15pm  Ledys | 11:15am-12:15pm  Ledys | 5:00-6:00pm  Helen | 10:00-11:00am  Scott | 11:10am-12:10pm  Helen/Alex |
|  | 5:30-6:30pm  Nikki/Joe | 5:30-6:30pm  Liz | 4:45-5:30pm  Lynn |  |  |  |
| | 6:30-7:30pm  Scott | 6:30-7:30pm  Scott | 5:30-6:30pm  Kathy K. | | | |
| | | | 5:45-6:45pm  Nikki/Joe | | | |
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