

August 2026 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9a Pietra Fitness 10:15a Core Conditioning
2	3 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	4 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	5 9:30a Core Conditioning 10:30a Fitness 101 5:30p Pietra	6 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	7 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	8 9a Pietra Fitness 10:15a Core Conditioning
9	10 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	11 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	12 9:30a Core Conditioning 10:30a Fitness 101 5:30p Pietra	13 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	14 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	15 9a Pietra Fitness 10:15a Core Conditioning
16	17 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	18 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	19 9:30a Core Conditioning 10:30a Fitness 101	20 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	21 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	22 9a Pietra Fitness 10:15a Core Conditioning
23/30	24/31 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	25 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	26 9:30a Core Conditioning 10:30a Fitness 101	27 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	28 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	29 9a Pietra Fitness 10:15a Core Conditioning

August 2026 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:25a Pilates 9:15a Pilates 10:05a Pilates
2	6:30a Pilates 3 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	8:30a Pilates 4 9:30a Pilates 10:30a Pilates 4p Strength 3:45p Pilates 4:45p Pilates	5:40a Strength 5 6:30a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	6 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 7 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	8 8:25a Pilates 9:15a Pilates 10:05a Pilates
9	6:30a Pilates 10 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	8:30a Pilates 11 9:30a Pilates 10:30a Pilates 4p Strength 3:45p Pilates 4:45p Pilates	5:40a Strength 12 6:30a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	13 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 14 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	15 8:25a Pilates 9:15a Pilates 10:05a Pilates
16	6:30a Pilates 17 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	8:30a Pilates 18 9:30a Pilates 10:30a Pilates 4p Strength 3:45p Pilates 4:45p Pilates	5:40a Strength 19 6:30a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	8:30a Pilates 20 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 21 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	22 8:25a Pilates 9:15a Pilates 10:05a Pilates
23/30	6:30a Pilates 24/ 9:30a Pilates 31 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	8:30a Pilates 25 9:30a Pilates 10:30a Pilates 4p Strength 3:45p Pilates 4:45p Pilates	5:40a Strength 26 6:30a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	27 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 28 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	29 9:15a Pilates 10:05a Pilates