December 2026 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**2** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**3** 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	**4** 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	**5** 9a Pietra Fitness 10:15a Core Conditioning
6	**7** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**8** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**9** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**10** 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	**11** 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	**12** 9a Pietra Fitness 10:15a Core Conditioning
13	**14** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**15** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**16** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**17** 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	**18** 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	**19** 9a Pietra Fitness 10:15a Core Conditioning
20	**21** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**22** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**23** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**24** 7:25a Strength	**25** **Merry Christmas!** **No GF today.**	**26** 9a Pietra Fitness 10:15a Core Conditioning
27	**28** 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	**29** 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 4:30p Strength 5:30p Strength	**30** 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	**31** 7:25a Strength 8:30a Strength 10:30a Barre/Core		

December 2026 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**2** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**3** 8:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	**4** 5:40a Strength 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	**5** 8:25a Pilates 9:15a Pilates 10:05a Pilates
6	**7** 6:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**8** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**9** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**10** 8:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	**11** 5:40a Strength 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	**12** 8:25a Pilates 9:15a Pilates 10:05a Pilates
13	**14** 6:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**15** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**16** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**17** 8:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	**18** 5:40a Strength 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 10:30a Pilates	**19** 8:25a Pilates 9:15a Pilates 10:05a Pilates
20	**21** 5:40/6:30 Strength 6:30a/9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**22** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**23** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**24** 8:30a Pilates 9:30a Pilates 10:30a Pilates	**25** **Merry Christmas!** **No SPs today.**	**26** 8:25a Pilates 9:15a Pilates
27	**28** 5:40/6:30 Strength 6:30a/9:30a Pilates 10:30a Pilates 11:30a Pilates 4:30p Strength 4:45/5:35p Pilates	**29** 8:30a Pilates 9:30a Pilates 10:30a Pilates 11:30a Pilates 3:45p Pilates 4:45/5:35p Pilates	**30** 5:40a Strength 7:30/8:30a Pilates 10:30a Pilates 11:30a Pilates 4:45/5:35p Pilates	**31** 8:30a Pilates 9:30a Pilates 10:30a Pilates		