

February 2026 Group Fitness

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

February 2026 Semi-Privates

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