

January 2026 Group Fitness

All January classes will be held at our new location, 414 61st St!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:30a New Year's Sampler Class 9:45a New Year's Sampler Class	2 8:30a Flexibility 10:30a Fitness 101	3 9a Pietra Fitness 10:15a Core Conditioning
4	5 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	6 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	7 9:30a Core Conditioning 10:30a Fitness 101	8 7:25a Strength 8:30a Strength 10:30a Core 5:30p Fitness 101	9 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	10 9a Pietra Fitness 10:15a Core Conditioning
11	12 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	13 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	14 9:30a Core Conditioning 10:30a Fitness 101 5:30p Pietra	15 7:25a Strength 8:30a Strength 10:30a Core 5:30p Fitness 101	16 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	17 9a Pietra Fitness 10:15a Core Conditioning
18	19 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	20 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	21 9:30a Core Conditioning 10:30a Fitness 101	22 7:25a Strength 8:30a Strength 10:30a Core 5:30p Fitness 101	23 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	24 9a Pietra Fitness 10:15a Core Conditioning
25	26 8:30a Strength 9:30a Strength 11:30a Flexibility 5:30p Fitness 101	27 7:30a Strength 8:30a Strength 9:35a Flexibility 11:30a Strength 5:30p Strength	28 9:30a Core Conditioning 10:30a Fitness 101 5:30p Pietra	29 7:25a Strength 8:30a Strength 10:30a Core 5:30p Fitness 101	30 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	31 9a Pietra Fitness 10:15a Core Conditioning

January 2026 Semi-Privates

All January semi-privates will be held at our new location, 414 61st St!

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