

June 2026 Group Fitness

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

June 2026 Semi-Privates

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