

May 2026 Group Fitness

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

7:30a Barre
8:30a Flexibility
10:30a Fitness 101

9a Pietra Fitness
10:15a Core
Conditioning

3

4

5

6

7

8

9

8:30a Strength
9:30a Strength
11:30a Flexibility
5:30p Fitness 101

7:30a Strength
8:30a Strength
9:35a Flexibility
11:30a Strength
5:30p Strength

9:30a Core
Conditioning
10:30a Fitness 101

7:25a Strength
8:30a Strength
10:30a Barre/Core
5:30p Fitness 101

7:30a Barre
8:30a Flexibility
10:30a Fitness 101

9a Pietra Fitness
10:15a Core
Conditioning

10

11

12

13

14

15

16

8:30a Strength
9:30a Strength
11:30a Flexibility
5:30p Fitness 101

7:30a Strength
8:30a Strength
9:35a Flexibility
11:30a Strength
5:30p Strength

9:30a Core
Conditioning
10:30a Fitness 101

7:25a Strength
8:30a Strength
10:30a Barre/Core
5:30p Fitness 101

7:30a Barre
8:30a Flexibility
10:30a Fitness 101

9a Pietra Fitness
10:15a Core
Conditioning

17

18

19

20

21

22

23

8:30a Strength
9:30a Strength
11:30a Flexibility
5:30p Fitness 101

7:30a Strength
8:30a Strength
9:35a Flexibility
11:30a Strength
5:30p Strength

9:30a Core
Conditioning
10:30a Fitness 101

7:25a Strength
8:30a Strength
10:30a Barre/Core
5:30p Fitness 101

7:30a Barre
8:30a Flexibility
10:30a Fitness 101

9a Pietra Fitness
10:15a Core
Conditioning

24/31

25

26

27

28

29

30

9:30a Group
Fitness Sampler

Happy Memorial Day!

7:30a Strength
8:30a Strength
9:35a Flexibility
11:30a Strength
5:30p Strength

9:30a Core
Conditioning
10:30a Fitness 101

7:25a Strength
8:30a Strength
10:30a Barre/Core
5:30p Fitness 101

7:30a Barre
8:30a Flexibility
10:30a Fitness 101

10:15a Core
Conditioning

May 2026 Semi-Privates

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