

October 2025 Group Fitness

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

October 2025 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:40a Strength 1 6:30a Strength 7:45/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45/5:35p Pilates	2 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	3 5:40a Strength 6:30a Strength 7:30a Pilates 9:30a Pilates 11:15a Pilates	4 8:25a Pilates 9:15a Pilates 10:05a Pilates
5	6:30a Pilates 6 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 7 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 8 6:30a Strength 7:45/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45/5:35p Pilates	9 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 10 6:30a Strength 7:30a Pilates 8:30a Pilates 9:30a Pilates 11:15a Pilates	11 8:25a Pilates 9:15a Pilates 10:05a Pilates
12	6:30a Pilates 13 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 14 9:30a Pilates 10:30a Pilates 4p Strength 4:50p Pilates	5:40a Strength 15 6:30a Strength 7:45/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45/5:35p Pilates	16 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	17 5:40a Strength 6:30a Strength 7:30a Pilates 9:30a Pilates 11:15a Pilates	18 9:15a Pilates 10:05a Pilates
19	6:30a Pilates 20 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 21 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 22 6:30a Strength 7:45/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45/5:35p Pilates	23 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	24 5:40a Strength 6:30a Strength 7:30a Pilates 9:30a Pilates 11:15a Pilates	25 8:25a Pilates 9:15a Pilates 10:05a Pilates
26	6:30a Pilates 27 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 28 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 29 6:30a Strength 7:45/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45/5:35p Pilates	30 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	31 5:40a Strength 6:30a Strength 7:30a Pilates 9:30a Pilates 11:15a Pilates	