

October 2026 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	2 7:30a Core 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 4:30p Strength 5:30p Strength	7 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	8 7:25a Strength 8:30a Strength 10:30a Barre/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 4:30p Strength 5:30p Strength	14 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	15 7:25a Strength 8:30a Strength 10:30a Barre/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 4:30p Strength 5:30p Strength	21 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	22 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	23 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	24 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 4:30p Strength 5:30p Strength	28 6:30a Strength 8:30a Strength 9:30a Core Conditioning 10:30a Fitness 101	29 7:25a Strength 8:30a Strength 10:30a Barre/Core 5:30p Fitness 101	30 7:30a Barre 8:30a Flexibility 10:30a Fitness 101	31 9a Pietra Fitness 10:15a Core Conditioning

October 2026 Semi-Privates

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