

September 2026 Group Fitness

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

September 2026 Semi-Privates

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