

# SUMMER GROUP EXERCISE SCHEDULE



MONDAY JUNE 22 2026 - SATURDAY AUGUST 29 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
6:15-7:15AM SPIN Karena 216	7:30-8:30AM MAT PILATES Karen 218	6:15-7:15AM SPIN Karena 216	7:30-8:30AM MAT PILATES Karen 218		9:30-10:15AM SPIN Karena 216	10:30-11:30AM ZUMBA Kayden 218
		9:00-10:00AM VINYASA YOGA Morgan 216			10:45-11:30AM SPIN Karena 216	
					10:30-11:30AM BODYPUMP Lauren 218	
<b>AFTERNOON</b>						
	12:00-12:30PM CORE Johanna 218	12:00-12:30PM CORE Johanna 218	12:00-12:30PM CORE Johanna 218			
	12:30-1:15PM CARDIO STRENGTH Johanna 218	12:30-1:30PM BODYCOMBAT Johanna 218	12:30-1:15PM CARDIO STRENGTH Johanna 218			
<b>EVENING</b>						
5:30-6:30PM BODYCOMBAT Angela 216	5:30-6:30PM BODYPUMP Angela 218	5:00-6:00PM VINYASA YOGA Cassie 216	5:00-6:30PM SLOW FLOW YOGA Morgan 216			
5:30-6:15PM BODYPUMP EXPRESS Jeffrey 218		5:30-6:30PM BODYCOMBAT Melanie 218	6:00-7:00PM BODYCOMBAT Frank 218			
6:30-7:00PM LM CORE Jeffrey 218						

**\*We will be closed July 3-4, no classes will be held**  
**\*Vinyasa Yoga with Cassie starts July 1**

