



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:15-6:00 MS	THE ROW *Upper-Body Christian Duke	5:15-5:45 MS	AMRAP *Lower-Body Christian Duke	5:15-6:00 MS	THE ROW *Full-Body Tiffany Butterfras	5:15-5:45 MS	AMRAP *Upper-Body Thane Clark	5:15-6:00 MS	THE ROW *Lower-Body Christian Duke	7:30-8:15 MS	TRUE: SCULPT Jessie Gumbs	8:00-8:45 MS	ACTIVE STRENGTH Jeffery McDaniel
6:00-6:45 CS	CYCLE BEATS Tiffany Butterfras	5:45-6:30 CS	PERFORMANCE CYCLE Matt Smith	6:00-6:45 CS	CYCLE BEATS Kayla LeDoux	5:45-6:30 CS	PERFORMANCE CYCLE Matt Smith	6:00-6:45 CS	CYCLE BEATS Ali Benjamin	8:00-8:45 CS	CYCLE BEATS Ashley Altenhofen	8:30-9:20 CS	PERFORMANCE CYCLE Markey Schleih
6:15-7:00 MS	BODYPUMP™ 45M Monica Mallory	6:00-6:45 MS	TRUE: SCULPT Jessie Gumbs	6:15-7:00 MS	BODYPUMP™ 45M Clarke Hammes	6:00-6:45 MS	TRUE: SCULPT Jessie Gumbs	6:15-7:00 MS	AMRAP *Full-Body Christian Duke	8:00-9:00 YS	YOGA FOUNDATIONS Jenny Martin	9:00-9:45 UP	ACTIVE AQUA Danielle E. Fowler
6:30-7:30 YS	HATHA YOGA L1 Jenny Martin	6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:30-7:30 YS	HATHA YOGA L1 Sarah Dunne Pickrell	6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:30-7:30 YS	VINYASA YOGA L2 Madison Jarmusch	8:30-9:00 MS	GRIT™ CARDIO Mallory Mahoney	9:00-9:45 MS	BOX + HIIT Mallory Mahoney
8:30-9:30 TC	CARDIO TENNIS Tennis Coach	7:00-8:00 UP	SWIMLAB Nikita Alveggard	8:30-9:15 YS	PILATES MAT Heather Dillman	7:00-8:00 UP	SWIMLAB Nikita Alveggard	7:30-8:15 MS	BODYPUMP™ 45M Ashlyn Jumpponen	8:30-9:30 TC	CARDIO TENNIS Tennis Coach	9:00-10:00 YS	YOGA FOUNDATIONS Chris Douglas
8:30-9:15 YS	PILATES MAT Diana Biribin	7:00-7:45 MS	BODYPUMP™ 45M Angela Ansley	9:30-10:30 MS	BODYPUMP™ Ashlyn Jumpponen	7:00-7:45 MS	BODYPUMP™ 45M Monica Mallory	8:30-9:30 YS	HATHA YOGA L1 Jordan Ryan	9:00-9:45 UP	ACTIVE AQUA Danielle E. Fowler	10:00-10:45 CS	CYCLE BEATS Kayla LeDoux
9:30-10:30 MS	BODYPUMP™ Tiffany Butterfras	8:30-9:45 YS	POWER VINYASA L2 Jordan Ryan	9:30-10:30 YS	YOGA FOUNDATIONS Sarah Dunne Pickrell	8:30-9:45 YS	HATHA YOGA L1 Victoria Lynn	8:30-9:15 MS	ATHLETIC BARRE Ashlyn Jumpponen	9:15-10:00 MS	BODYPUMP™ 45M Alex Yu	10:00-11:00 MS	BODYPUMP™ Jodie Schnakenberg
9:30-10:30 YS	YOGA FOUNDATIONS Jenny Martin	8:00-8:45 MS	TRUE: SCULPT Brett Terp	9:00-9:45 CS	CYCLE BEATS Jeffery McDaniel	8:00-8:45 MS	TRUE: SCULPT Thane Clark	9:30-10:30 MS	BODYPUMP™ Anne Ruch	9:30-10:20 CS	STUDIO CYCLE Jeffery McDaniel	11:00-12:00 YS	POWER VINYASA L1 Victoria Lynn
		9:00-9:45 CS	CYCLE BEATS Jeffery McDaniel	9:00-9:45 MS	MODÉRNE BARRE Seraphine Arrocha	9:00-9:45 CS	CYCLE BEATS Jeffery McDaniel	9:45-10:45 YS	YOGA FOUNDATIONS Jodi Garbison	9:30-10:30 YS	POWER VINYASA L2 Caroline Dahm	4:00-5:15 YS	YIN YOGA L1 Katie Brown
		10:15-11:00 MS	ACTIVE TONE Jeffery McDaniel	12:00-1:00 TC	CARDIO TENNIS Tennis Coach	10:15-11:00 MS	ACTIVE TONE Jeffery McDaniel			10:15-11:00 MS	THE ROW *Full-Body Casey Pessetto		
12:00-12:45 CS	CYCLE BEATS Ali Benjamin	10:15-11:15 YS	HATHA YOGA L1 Madison Jarmusch	12:00-12:45 CS	CYCLE BEATS Thomas Tyler	10:15-11:15 YS	HATHA YOGA L1 Seraphine Arrocha	12:00-12:45 CS	CYCLE BEATS Thomas Tyler	11:15-12:00 MS	ATHLETIC BARRE Danielle E. Fowler		
12:00-12:45 MS	SHOCK + SHRED + BEST ABS NOW Caitlin Katz	12:00-12:45 CS	CYCLE BEATS Ashley Altenhofen	12:00-12:45 MS	SHOCK + SHRED + BEST ARMS NOW Kaleb Wersland	12:00-12:45 CS	CYCLE BEATS Kayla LeDoux	12:00-12:45 MS	SHOCK + SHRED + BEST ABS NOW Thane Clark				
12:00-1:00 YS	POWER VINYASA L2 Taylor Deeds	12:00-12:45 MS	THE ROW Thane Clark	12:00-1:00 YS	POWER VINYASA L1 Katie Brown	12:00-12:45 MS	THE ROW Caitlin Katz						
4:45-5:30 MS	BEST BUTT NOW + BEST ARMS NOW Gianna Ferrante	4:45- 5:15 MS	GRIT™ STRENGTH Alex Yu	4:45-5:30 MS	BEST BUTT NOW + BEST ABS NOW Ashlyn Jumpponen	4:45-5:15 MS	GRIT™ STRENGTH Clarke Hammes	4:45-5:30 MS	TRUE: SCULPT Caitlin Katz				
5:30-6:30 YS	ROLL + RELEASE MEDITATION REST™ Christian Noni	5:30-6:15 CS	CLUB CYCLING™ Christian Noni	5:30-6:30 YS	POWER VINYASA L1 Seraphine Arrocha	5:30-6:15 CS	CYCLE BEATS Thomas Tyler	4:45-5:30 CS	CYCLE BEATS Jodie Schnakenberg				
5:45-6:30 MS	BOX + HIIT Mallory Mahoney	5:30-6:30 YS	POWER VINYASA L2 Emily Cox	5:45-6:30 MS	BOX + HIIT Mallory Mahoney	5:30-6:30 YS	POWER VINYASA L2 Emily Cox	5:45-6:30 MS	BODYPUMP™ 45M Jodie Schnakenberg				
6:00-6:50 CS	STUDIO CYCLE Jeffery McDaniel	5:30-6:00 MS	BEST ABS NOW Regan Haster	6:00-6:50 CS	STUDIO CYCLE Ashlyn Jumpponen	5:30-6:00 MS	BEST ABS NOW Tiffany Butterfras						
6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:15-7:00 MS	THE ROW *Lower-Body Regan Haster	6:00-7:00 TC	INTRO CARDIO TENNIS Tennis Coach	6:15-7:00 MS	THE ROW *Upper-Body Tiffany Butterfras						
6:45-7:30 MS	BODYPUMP™ 45M Anne Ruch	6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:45-7:30 MS	BODYPUMP™ 45M Anne Ruch	6:30-7:15 CS	CYCLE BEATS Kayla LeDoux						
6:45-7:45 YS	POWER VINYASA L1 Maria Cuevas	6:30-7:15 CS	CYCLE BEATS Thomas Tyler	6:45-8:00 YS	YIN YOGA L1 Katie Brown	6:45-8:00 YS	ASHTANGA YOGA L2 Kyra Weinberger						
		6:45-8:00 YS	ASHTANGA YOGA L2 Kyra Weinberger										

WHAT'S NEW

NEW CLASS SWIMLAB

ELEVATE YOUR OUTDOOR SWIM LAPS INTO HIGH PERFORMANCE WITH EQUIPMENT TO AMPLIFY ENDURANCE, BREATHWORK, AND TECHNIQUE.

NEW CLASS UPDATES HIGHLIGHTED IN BOLD

STUDIO KEY

- YS YOGA STUDIO
- MS MAIN STUDIO
- CS CYCLE STUDIO
- LP LAP POOL
- LPT LOWER POOL TERRACE
- UP UPPER POOL
- TC TENNIS COURT

