



BENEFITNESS

July 2026 Class Schedule

*Refer to website for up-to-date schedule!

*Indicates Co-Ed/Gender Neutral Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:15 - 7:00am *Spin Mariana			
	9:00 - 10:00am Lite Cardio & Balance Kelly	9:30 - 10:30am *Flex Lucia		9:30 - 10:30am *Power & Grace Laura N.	8:45 - 9:30am *Spin TBD	9:30 - 10:30am Restorative Yoga Lauren
10:00 - 11:00am Power & Grace CC	10:05 - 11:05am Yoga Flow Shireen	10:30 - 11:15am Nia Janice	10:00 - 11:00am *Yoga Flow Shireen		9:00 - 9:45am Balletone Kathleen	10:30 - 11:15am *Zumba Lo
					10:15 - 11:00am *Cardio Core CC	11:20 - 11:50pm Functional Strength & Mobility Lo
5:30 - 6:30pm *Flex Dalya	5:45 - 6:30pm Barre Kathleen	5:30 - 5:45pm *All Core CC			11:00 - 11:45am *Flex CC	
6:00 - 6:45pm *Spin Laura A.	6:00 - 6:45pm *Spin Mariana	5:45 - 6:30pm *HIIT CC	5:30 - 6:30pm *Flex Zoey			
6:30 - 7:15pm *Zumba Michelle	6:45 - 7:45pm *Yoga Flow Lauren	6:30 - 7:30pm *TRX CC Paid Class	6:35 - 7:20pm *Zumba Xiomara			
7:30-8:30pm Total Body Pilates Ann Marie		7:30 - 8:30pm *Pilates Sculpt Ann Marie	7:30 - 8:30pm *Vinyasa Flow Maddy			*Schedule subject to change