



# BENEFITNESS

## May 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 <b>*Spin</b> Mariana			
	9:00 - 10:00am <b>Lite Cardio &amp; Balance</b> Kelly	9:30 - 10:30am <b>*Flex</b> Lucia		9:30 - 10:30am <b>*Power &amp; Grace</b> Laura N. Starting May 15th	8:45 - 9:30am <b>*Spin</b> Ellie & Ellen	9:30 - 10:30am <b>Restorative Yoga</b> Lauren
10:00 - 11:00am <b>Power &amp; Grace</b> CC Starting June 1st	10:05 - 11:05am <b>Yoga Flow</b> Shireen	10:30 - 11:15am <b>Nia</b> Janice	10:00 - 11:00am <b>*Yoga Flow</b> Shireen Starting May 14th		9:00 - 9:45am <b>Balletone</b> Kathleen	10:30 - 11:15am <b>*Zumba</b> Lo
					10:15 - 11:00am <b>*Cardio Core</b> CC	11:20 - 11:50pm <b>Functional Strength &amp; Mobility</b> Lo
5:30 - 6:30pm <b>*Flex</b> Dalya	5:45 - 6:30pm <b>Barre</b> Kathleen	5:30 - 5:45pm <b>*All Core</b> CC			11:00 - 11:45am <b>*Flex</b> CC	3:45 - 4:30pm <b>*Barre Sculpt</b> Jenny
6:00 - 6:45pm <b>*Spin</b> Laura A.	6:00 - 6:45pm <b>*Spin</b> Mariana	5:45 - 6:30pm <b>*HIIT</b> CC	5:30 - 6:30pm <b>*Flex</b> Zoey			
6:30 - 7:15pm <b>*Zumba</b> Michelle	6:30 - 7:30pm <b>*Yoga Flow</b> Lauren	6:30 - 7:30pm <b>*TRX</b> CC Paid Class	6:35 - 7:20pm <b>*Zumba</b> Xiomara			
7:30 - 8:30pm <b>Yogalatis</b> Ann Marie		7:30 - 8:30pm <b>*Pilates Sculpt</b> Ann Marie	7:30 - 8:30pm <b>*Vinyasa Flow</b> Maddy			*Schedule subject to change