



GROUP FITNESS SCHEDULE



DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	Instructors: AF - Augusta Fehn AO - Aida Otieno KA - Krista Avant NK - Nelli Klygina BP - Brittani Parker	RD - Rey Drummond CD - Caroline Dozier SR - Shawn Robertson MC - Mary Campbell	Class Prices: \$50 = 10 Pass Package (\$5 per Class) \$6 = Individual Ticket	Fitness Rooms: MB = Mind and Body FUS = Fusion 1A-C Spin		
	1 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Cycle AO 1600 Zumba BP	2 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS	3 0900 Beg. Yoga CD 1A 1015 Zumba BP 1145 Cycle AO 1130 Pump NK 1A	4 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS	5 0900 HIIT CD FUS 1045 POP Pilates NK 1A 1830 Zumba BP	6 0900 Beg. Yoga CD 1A 0900 FFT RD FUS
7	8 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Cycle AO 1600 Zumba BP	9 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1615 Krav Maga SR 1B	10 0900 Beg. Yoga CD 1A 1015 Zumba BP 1130 Pump NK 1A 1145 Cycle AO	11 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B	12 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A 1830 Zumba BP	13 0900 FFT RD FUS
14	15 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Cycle AO 1600 Zumba BP	16 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS	17 0900 Beg. Yoga CD 1A 1015 Zumba BP 1145 Cycle AO	18 0900 Kickboxing CD 1A 1100 Butts & Guts MC FUS	19 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A 1830 Zumba BP	20 0900 FFT RD FUS
21	22 1145 Cycle AO 1600 Zumba BP	23	24	25 CHRISTMAS	26 TRAINING HOLIDAY	27
28	29 1145 Cycle AO 1600 Zumba BP	30	31			