



MSG Micheal B. Riley Fitness Center

GROUP FITNESS SCHEDULE



July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Instructors: RD - Rey Drummond CD - Caroline Dozier AO - Aida Otieno SR - Shawn Robertson KA - Krista Avant SB - Samara Bumett BP - Brittani Parker TS - Tina Speed HC - Hava Camp	Fitness Rooms: MB = Mind and Body FUS = Fusion RB=Racquetball 1A/B 1C Spin Room	1 1130 Boot Camp HC FUS 1145 Spin AO Spin 1745 Mix Fit KA 1A	2 0630 Pregnancy PT (AD) 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	3 Training Holiday	4
6 Training Holiday	7 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	8 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	9 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	10 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	11
13 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1130 Vinyasa Yoga TS 1C 1145 Spin AO Spin 1800 Boot Camp HC FUS	14 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	15 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	16 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1615 Adv Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	17 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	18
20 0630 Pregnancy PT (AD) 1A 0900 Bodywork & Abs CD 1A 1130 Vinyasa Yoga TS 1C 1145 Spin AO Spin 1800 Boot Camp HC FUS	21 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS 1615 Krav Maga SR 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	22 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	23 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	24 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	25
27 0630 Pregnancy PT (AD) 1A 0900 Bodyworks +ABS CD 1A 1130 Vinyasa Yoga TS 1C 1145 Spin AO Spin 1800 Boot Camp HC FUS	28 0630 Pregnancy PT (AD) 1A 0900 HIIT CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS 1745 Mix Fit KA 1A	29 0900 Pilates/ Yoga CD 1A 1145 Spin AO Spin 1745 Mix Fit KA 1A 1800 Boot Camp HC FUS	30 0630 Pregnancy PT (AD) 1A 0900 Kickboxing CD 1A 1645 Vinyasa Yoga TS 1C 1715 FFT RD FUS	31 0630 Pregnancy PT (AD) 1A 0900 HIIT CD FUS	Class Prices: \$20 = Boot Camp Drop In \$50 = 10 Pass Package (\$5 per Class) \$6 = Individual Ticket \$8 = Krav Maga \$450 = Total Body PP * \$205 = Boot Camp * = No Drop Ins