

Group Fitness Schedule Summer 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Barre 7:45 - 8:30 am WC302AB <i>Rhodalene</i>		Barre 7:45 - 8:30 am WC302AB <i>Natalia</i>	Reformer Pilates 7:45-8:30 am WC312 <i>Sharan</i>
Employee Yoga Fusion 12:15 - 1:00 pm WC312 <i>Adrea</i>	Bootcamp 12:30-1:15 pm WC302AB <i>Stephanie</i>	Employee Reformer Pilates 11-11:45 am WC312 <i>Deborah</i>	Reformer Pilates 12:30 - 1:15 pm WC312 <i>Amy</i>	Core Mat Pilates 12:30-1:15 pm WC312 <i>Deborah</i>
Reformer Pilates 5:30 - 6:15 pm WC312 <i>Deborah</i>	Hot Yoga 6:00 - 6:45 pm WC312 <i>Nicole G.</i>		Spin Party 6:00 - 6:45 pm WC302AB <i>Hailey</i>	

