GROUP EXERCISE SCHEDULE

NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	**BIKING** (Veronica) 5:15-6:00am	**KETTLEBELL** (Angela) 5:15-6:00am	**BIKING** (Veronica) 5:15-6:00am	**KETTLEBELL** (Angela) 5:15-6:00am	**BIKING** (Angela) 5:15-6:00am		
5:30am		**BODYPUMP** (Veronica) 5:15-6:15am		**BODYPUMP** (Veronica) 5:15-6:15am			
8:30am	**ZUMBA-TONING** (Susy) 8:30-9:15am	**ZUMBABASIC** (Susy) 8:30-9:15am	**ZUMBASENTAO** (Susy) 8:30-9:15am	**ZUMBABASIC** (Susy) 8:30-9:15am	**ZUMBA-TONING** (Susy) 8:30-9:15am	**BIKING** (instructor) 8:30-9:30am	
	BIKING (Rosalinda) 8:30-9:15am	**STRONG** (Rosalinda) 8:30-9:15am	**BIKING** (Rosalinda) 8:30-9:15am	**STRONG** (Rosalinda) 8:30-9:15am	**BIKING** (Sabrina) 8:30-9:15am		
		BIKING LES MILLS RPM (Virtual) 8:30-9:15am		**BIKING LES MILLS RPM** (Virtual) 8:30-9:15am			
9:00am	**LES MILLS CORE** (Jenna) 9:15-9:45am				**LES MILLS CORE** (Jenna) 9:15-9:45am		
9:30am	**SILVERSNEAKERS CARDIOFIT** (Laura) 9:30–10:30am	**BODYPUMP** (Rosalinda) 9:35–10:35am ***BODYPUMP*** *November 3, 17* ***BODYPUMP HEAVY*** *November 10, 24*	**SILVERSNEAKERS CARDIOFIT** (Laura) 9:30–10:30am	**BODYPUMP** (Rosalinda) 9:35–10:35am ***BODYPUMP*** *November 5, 19* ***BODYPUMP HEAVY*** *November 12*	**SILVERSNEAKERS MSROM** 9:30-10:00am **CHAIR YOGA** 10am-10:30am (Gloria)	**BODYPUMP** (Stasha) 9:30–10:30am ***BODYPUMP*** *November 7, 21* ***BODYPUMP HEAVY*** *November 14, 28*	
10:00am	**YOGA** (Jenna) 10:00-11:00am		**YOGA** (Rosalinda) 10:00-11:00am		**YOGA** (Jenna) 10:00-11:00am		
10:30am						**MEDITATION** (Elizabeth) 10:30-11:00am **YOGA** (Elizabeth) 11:00-12:00pm	
12:10pm	**KETTLEBELL** (Jessica) 12:10-12:50pm	**BIKING LES MILLS RPM** (Virtual) 12:10-1:00pm	**BIKING LES MILLS RPM** (Virtual) 12:10-1:00pm	**BIKING LES MILLS RPM** (Virtual) 12:10-1:00pm			
		KETTLEBELL (Jessica) 12:10-12:50PM		KETTLEBELL (Jessica) 12:10-12:50			
3:45pm							**ZUMBA** (Daphene) 3:45-4:30pm
5:30pm	**BIKING** (Nina) 5:30-6:15pm	**BIKING** (Sabrina) 5:30-6:15pm	**BIKING** (Laura) 5:30-6:15pm	**BIKING** (Sabrina/Angela) 5:30-6:15pm			
	ZUMBA (Keir) 5:30-6:15pm	**BODYPUMP HEAVY** (Stasha/Heather) 5:30-6:30pm	**ZUMBA** (Keir) 5:30-6:15pm	**BODYPUMP** (Stasha/Heather) 5:30-6:30pm	**ZUMBA** (Keir) 5:30-6:15pm		
	KETTLEBELL (Erin) 5:30-6:15pm		**KETTLEBELL** (Erin) 5:30-6:15pm				
	ZUMBA KIDS (Gloria) 5:30-6:15pm		**ZUMBA KIDS** (Gloria) 5:30-6:15pm				
5:45pm		**POUND KIDS** (Juana) 5:45-6:15pm		**POUND KIDS** (Juana) 5:45-6:15pm			
6:30pm	**BIKING** (Lupe) 6:30-7:15pm	**ZUMBA** (Mayra) 6:35-7:15pm	**BIKING** (Kelly) 6:30-7:15pm	**ZUMBA** (Daphene) 6:30-7:15pm			
	ZUMBA BELLYDANCE (Katherine) 6:30-7:15pm	**BIKING LES MILLS RPM** (Virtual) 6:30-7:15pm	**ZUMBA BELLYDANCE** (Katherine) 6:30-7:15pm	**BIKING LES MILLS RPM** (Virtual) 6:30-7:15pm			

Spin Room
Spin Room (Virtual Class)
Aerobics Room A
Aerobics Room B
Teen Room/Upstairs

SAFETY PROCEDURES:
Must wipe down all class equipment before and after use.