

GROUP X SCHEDULE: MAY 2026

TIME:	MON	TUES	WED	THUR	FRI	SAT	DETAILS:
6:00 - 7:00a		SUNRISE CYCLE		SUNRISE CYCLE			CHALLENGING
8:00 - 9:15a							CHILDCARE AVAILABLE
9:00 - 10:00a	PILATES		ACTIVE ALIGNMENT		PERFECT ALIGNMENT		CARDIO & STRENGTH
10:15 - 11:00a	IMMOVABLE		IMMOVABLE		HIIT & TRX		LOW INTENSITY
10:15 - 11:15a			BODY COMP 5/20: 10:15-11:45a	KICKBOXING			POP-UP CLASS
12:00 - 12:45p	STEP			RHYTHM RIDE NO CLASS: 5/28			RM CLOSED
1:30 - 2:30p		YOUNG @ HEART	YOUNG @ HEART CIRCUIT 5/20	YOUNG @ HEART			STRETCH & STRENGTH
4:45 - 5:30p	PILOXING		ZUMBA NEW				WEIGHT ROOM
4:45 - 5:45p	BODY COMP 5/18: 4:45 - 6:00p	PILATES		PILATES			
5:30 - 6:45p	COACH CONNECTION						
6:00 - 7:00p	BOOTCAMP		IMMOVABLE	STRETCH & LEARN 5/14			
7:00 - 8:00p	IRON GRIND						