



AUGUST 2026 GROUP EXERCISE CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
3 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	4 0630-0730 Power Cycle Judy 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	5 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	6 0630-0730 Power Cycle Judy 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	7 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
10 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	11 0630-0730 Power Cycle Judy 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	12 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	13 0630-0730 Power Cycle Judy 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	14 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
17 0630-0700 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	18 0630-0730 Power Cycle Judy 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	19 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	20 0630-0730 Power Cycle Judy 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	21 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
24 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	25 0630-0730 Power Cycle Judy 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	26 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	27 0630-0730 Power Cycle Judy 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	28 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
31 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick				
PATRICK FITNESS CENTER, FRONT DESK 321-494-4947				