



MAY 2026 GROUP EXERCISE CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				1100-1200 Yoga Flow Sandra
4	5	6	7	8
0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1630-1730 Yoga Flow Robert	0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	1130-1230 Power Cycle Sandra 1130-1230 Vitalizing Breathwork Robert 1630-1730 Yoga Flow Robert	0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra
11	12	13	14	15
0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick 1630-1730 Yoga Flow Robert	0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick 1630-1730 Yoga Flow Robert	0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
18	19	20	21	22
0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
25	26	27	28	29
MEMORIAL DAY – NO CLASSES	0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick

PATRICK FITNESS CENTER, FRONT DESK 321-494-4947