

December 2025 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra)	0630-0730 Power Cycle (Judy) 0900-1000 Cardio Strength (Karen) 1000-1100 Pilates (Karen) 1100-1200 Yoga (Karen) 1200-1300 HIIT (Karen)	1130-1230 Power Cycle (Sandra) 1700-1800 Yoga with Breath (Robert)	0630-0730 Power Cycle (Judy) 0900-1000 Cardio Strength (Karen) 1000-1100 Core & Glutes (Karen) 1100-1200 Yoga (Karen) 1200-1300 Pilates (Karen) 1630-1730 Pop Dance (Jena)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra) 1700-1800 Yoga with Breath (Robert)
8	9	10	11	12
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1700-1800 Yoga with Breath (Robert)	0630-0730 Power Cycle (Judy) 0900-1000 Cardio Strength (Karen) 1000-1100 Pilates (Karen) 1100-1200 Yoga (Karen) 1200-1300 HIIT (Karen)	1130-1230 Power Cycle (Sandra) 1700-1800 Yoga with Breath (Robert)	0630-0730 Power Cycle (Judy) 0900-1000 Cardio Strength (Karen) 1000-1100 Core & Glutes (Karen) 1100-1200 Yoga (Karen) 1200-1300 Pilates (Karen) 1630-1730 Pop Dance (Jena)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra) 1700-1800 Yoga with Breath (Robert)
15	16	17	18	19
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1700-1800 Yoga with Breath (Robert)	0630-0730 Power Cycle (Judy) 0900-1000 Cardio Strength (Karen) 1000-1100 Pilates (Karen) 1100-1200 Yoga (Karen) 1200-1300 HIIT (Karen)	1130-1230 Power Cycle (Sandra) 1700-1800 Yoga with Breath (Robert)	0630-0730 Power Cycle (Judy) 0900-1000 Cardio Strength (Karen) 1000-1100 Core & Glutes (Karen) 1100-1200 Yoga (Karen) 1200-1300 Pilates (Karen) 1630-1730 Pop Dance (Jena)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra) 1700-1800 Yoga with Breath (Robert)
22	23	24	25	26
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1700-1800 Yoga with Breath (Robert)	0900-1000 Cardio Strength (Karen) 1000-1100 Pilates (Karen) 1100-1200 Yoga (Karen) 1200-1300 HIIT (Karen)	1130-1230 Power Cycle (Sandra)	NO CLASSES (CHRISTMAS DAY)	1100-1200 Yoga Flow (Sandra) 1700-1800 Yoga with Breath (Robert)
29	30	31		
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra) 1700-1800 Yoga with Breath (Robert)	0630-0730 Power Cycle (Judy) 0900-1000 Cardio Strength (Karen) 1000-1100 Pilates (Karen) 1100-1200 Yoga (Karen) 1200-1300 HIIT (Karen)	1130-1230 Power Cycle (Sandra) 1700-1800 Yoga with Breath (Robert)		