

MONTHLY CLASS SCHEDULE

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a GroupFit 10:00a PulseFit 5:30p ReFit	8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	
	9:00a GroupFit 10:00a PulseFit 5:30p ReFit	8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	
	9:00a GroupFit 10:00a PulseFit 5:30p ReFit	8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	
	9:00a GroupFit 10:00a PulseFit 5:30p ReFit	8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	
	9:00a GroupFit 10:00a PulseFit 5:30p ReFit	8:00a PulseFit 8:45a PulseFit 11:30a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	8:30a GroupFit 10:00a PulseFit	1