



# Group Exercise Weekly Schedule

SPRING 2026

## MONDAY

- 11:00 AM–12:00 PM — **B2 Core with Kenyon** [Studio 1]
- 12:00 PM–1:00 PM — **Full-Body with Grover** [Studio 1]
- 2:00 PM–3:00 PM — **Rooted & Radiant with Jayden** [Studio 1]
- 3:00 PM–4:00 PM — **Step-Up Cypher with Cher** [Studio 1]
- 6:00 PM–7:00 PM — **Fitness with Brando** [Studio 1]
- 7:00 PM–8:00 PM — **Lower Body Strength** with Niara [Studio 1]

## TUESDAY

- 6:30 AM–7:30 AM — **In Motion Cycle with Skyla** [Studio 2]
- 10:00 AM–11:00 AM — **B2 Core with Kenyon** [Studio 1]
- 12:30 PM–1:30 PM — **Line Dancing with Samiya** [Studio 1]
- 4:00 PM–5:00 PM — **AB Lab with Nelle** [Studio 1]
- 5:00 PM–6:00 PM — **Level 1 Pilates with Majerle** [Studio 1]
- 6:00 PM–6:30 PM — **Stretch & Mobility with Majerle** [Studio 1]

## WEDNESDAY

- 11:00 AM–12:00 PM — **B2 Core with Kenyon** [Studio 1]
- 12:00 PM–1:00 PM — **Cycle Class with Heather** [Studio 1]
- 2:00 PM–3:00 PM — **Rooted & Radiant with Jayden** [Studio 1]
- 4:00 PM–5:00 PM — **AB Lab with Nelle** [Studio 1]
- 5:00 PM–6:00 PM — **Pilates 2 & 3 with Majerle** [Studio 1]
- 6:15 PM–6:45 PM — **Stretch & Mobility with Majerle** [Studio 1]
- 7:00 PM–8:00 PM — **Lower Body Strength with Niara** [Studio 1]

## THURSDAY

- 7:30 AM–8:30 AM — **Power Cycle with Skyla** [Studio 2]
- 10:00 AM–11:00 AM — **B2 Core with Kenyon** [Studio 1]
- 12:30 PM–1:30 PM — **Line Dancing with Samiya** [Studio 1]
- 4:00 PM–5:00 PM — **AB Lab with Nelle** [Studio 1]
- 5:00 PM–6:00 PM — **Level 1 Pilates with Majerle** [Studio 1]
- 6:00 PM–6:30 PM — **Core Candy with Majerle** [Studio 1]
- 6:00 PM–7:00 PM — **Fitness with Brando** [Studio 2]

## FRIDAY

- 7:00 AM–8:00 AM — **Spin City with Skyla** [Studio 2]
- 9:30 AM–10:30 AM — **Trap Core and Cardio with Niara** [Studio 1]
- 12:00 PM–1:00 PM — **Full-Body with Grover** [Studio 1]
- 2:00 PM–3:00 PM — **Fitness with Brando** [Studio 1]
- 3:00 PM–4:00 PM — **HITT and Hustle with Nelle** [Studio 1]
- 5:00 PM–6:00 PM — **Level 2 & 3 with Majerle** [Studio 1]

**Core:** Workout your abdominal muscles!

**Line Dancing:** Always wanted to learn to how to line dance? Now is your chance!

**Stretch and Mobility:** Helps with your flexibility and overall well-being!

**Pilates:** Focus on core strength, flexibility and overall body awareness through controlled movements.

**Cycling:** Offers a range of benefits for both physical and mental health

**Full/Lower Body Strength:** Engages multiple groups maximizing calorie burn, improved coordination, and promotes a balanced muscular