



BENEFITNESS

September 2025 Class Schedule

*Indicates Co-Ed/Gender Neutral Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:15-7:00am *Spin Dalya			
	9:00-10:00am Yoga Flow Ann Marie	9:30-10:30am *Flex Lucia			8:45-9:30am Spin Viiu	9:30-10:30am *Flex Laura N.
10:30-11:30am Power & Grace CC	10:00-11:00am Lite Cardio & Balance Kelly	10:30-11:15am Nia Janice	9:30-10:30am *Power & Grace Laura N.		9:15-10:00am Balletone Kathleen	10:30-11:30am Restorative Yoga Lauren
					10:15-11:00am *Cardio Core CC	
5:30-6:30pm *Flex Dalya		5:30-5:45pm *All Core CC			11:00-11:45am *Flex CC	
6:00-6:45pm *Spin Laura A.	5:45-6:30pm Barre Kathleen	5:45-6:30pm *Step & Kick CC	5:30-6:30pm *Flex Zoey			
6:30-7:15pm *Zumba Xiomara	6:30-7:15pm *Cardio Core Zoey	6:30-7:30pm *TRX CC Paid Class	6:30-7:15pm *Zumba Michelle			
7:30-8:30pm Total Body Pilates Ann Marie		7:30-8:30pm *Pilates with Props Laura N.	7:30-8:30pm *Yin Yoga Lauren			*Schedule subject to change *Refer to website for up-to-date schedule!