



BENEFITNESS

November 2025 Class Schedule

*Refer to website for up-to-date 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 Ines	9:30 - 10:30am *Flex Lucia			8:45 - 9:30am Spin Ellie & Ellen	9:30 - 10:30am Restorative Yoga Lauren
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 - 11:15am *Zumba Lo
				10:30 - 11:30am *Yoga Flow Ines	10:15 - 11:00am *Cardio Core CC	
5:30 - 6:30pm *Flex Dalya	5:30 - 6:15pm *Spin Mariana	5:30 - 5:45pm *All Core CC			11:00 - 11:45am *Flex CC	3:45 - 4:30pm Barre Sculpt Jenny Starting Nov. 16th
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 Michelle	6:30 - 7:15pm *Cardio Core Zoey	6:30 - 7:30pm *TRX CC Paid Class	6:45 - 7:30pm *Zumba Xiomara			
7:30 - 8:30pm Total Body Pilates Ann Marie		7:30 - 8:30pm *Pilates with Props Ann Marie	7:30 - 8:30pm *Yin Yoga Ines			*Schedule subject to change