



BENEFITNESS

March 2026 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 Mariana			
	9:00 - 10:00am Yoga Flow Shireen	9:30 - 10:30am *Flex Lucia		9:00 - 10:00am *Yoga Flow Shireen	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.		9:00 - 9:45am Balletone Kathleen Starting Feb 14th	10:30 - 11:15am *Zumba Lo
					10:15 - 11:00am *Cardio Core CC	11:20 - 11:50pm Functional Stretch & Mobility Lo
5:30 - 6:30pm *Flex Dalya	6:00 - 6:45pm *Spin Mariana	5:30 - 5:45pm *All Core CC			11:00 - 11:45am *Flex CC	3:45 - 4:30pm *Barre Sculpt Jenny
6:00 - 6:45pm *Spin Laura A.	5:45 - 6:30pm Barre Kathleen	5:45 - 6:30pm *HIIT CC	5:30 - 6:30pm *Flex Zoey			
6:30 - 7:15pm *Zumba Michelle	6:30 - 7:30pm *Vinyasa Flow Maddy Starting Mar 17th	6:30 - 7:30pm *TRX CC Paid Class	6:45 - 7:30pm *Zumba Xiomara			
7:30 - 8:30pm Yogalatis Ann Marie		7:30 - 8:30pm *Pilates with Props Ann Marie	7:30 - 8:30pm *Yin Yoga Guest Instructors			*Schedule subject to change