

June 2026 Group Fitness Schedule

June 1 – July 3

Monday	Tuesday	Wednesday	Thursday	Friday
7AM Rhythm Ride <i>Ayana</i>	7:30AM Power Cycle <i>Davoren</i>	7AM Pilates Sculpt <i>Ayana</i>	7AM Power Yoga <i>Jessica</i>	7AM Tempo Strength <i>Cynthia</i>
5:30PM Dance Fitness <i>Nethera</i>	12PM Full Body Strength <i>Ayana</i>	7:30AM Power Cycle <i>Davoren</i>	12PM Power Cycle <i>Davoren</i>	12PM Power Yoga <i>Ayana</i>
6PM R.I.P.E.D. <i>Lenecia</i>	4:30PM Power Yoga <i>Nicole</i>	12PM Pilates Sculpt <i>Gabrielle</i>	4:30PM Pilates Fusion <i>Cynthia</i>	5:30PM Power Cycle <i>Ayana</i>
6PM Rhythm Ride <i>Katie</i>	5:30 PM Pilates Fusion <i>Cynthia</i>	5:30PM Power Cycle <i>Mackenzie</i>	5:30PM Gentle Yoga <i>Ava</i>	
6:15PM Aqua Cardio <i>Rowan</i>	5:30PM ZUMBA <i>Lenecia</i>	5:30PM ZUMBA <i>Lenecia</i>	5:30PM Aqua Cardio <i>Rowan</i>	
6:30PM Power Yoga <i>Campbell</i>	6PM Power Cycle <i>Mackenzie</i>	6:30PM Gentle Yoga <i>Campbell</i>	6PM R.I.P.E.D. <i>Lenecia</i>	
	6:30PM Tempo Strength <i>Cynthia</i>		6:45PM Dance Kickboxing <i>Nethera</i>	

Location Key:

Blue: Cycle Studio

Purple: MPRA

Orange: MPRB

Green: Pool