



SPRING '26 GROUP X SCHEDULE

585.347.0047

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am				CHALLENGE FRANK		8:00AM VIRTUAL GRIT STRENGTH 30 minutes	VIRTUAL BODYCOMBAT 60 minutes
5:30am	TOTAL BODY PAIGE	TRIPLE THREAT GRANT	PILATES ABBY		VIRTUAL GRIT STRENGTH 30 minutes	8:00AM The TRIP VIRTUAL CYCLING	
6:30am	<i>ON DEMAND</i>	<i>ON DEMAND</i>	<i>ON DEMAND</i>	<i>ON DEMAND</i>	<i>ON DEMAND</i>	8:15AM PILATES ABBY / GRANT	
8:15am	VIRTUAL GRIT CARDIO 30 minutes			VIRTUAL CORE 45 minutes		9:00AM CHALLENGE FRANK	CHALLENGE GRANT
9:00am	AFTERBURN ABBY	GUNZ BLAZIN SHELLI	AFTERBURN GRANT	SQUAT SESH PHYLLIS / SHELLI	HARD HIIT SHELLI	CYCLING PHYLLIS	
9:15am	BODYPUMP BETH	BODYBALANCE BETH	VIRTUAL BODYATTACK 60 minutes	BODYPUMP BETH	PILATES GRANT	9:15AM BODYPUMP DAVE	
	CYCLING PHYLLIS		CYCLING PHYLLIS			10:00AM	BODYPUMP BETH
10:45am	VIRTUAL BODYBALANCE 60 minutes	VIRTUAL BODYPUMP 60 minutes	VIRTUAL BODYBALANCE 60 minutes	VIRTUAL GRIT STRENGTH 30 minutes	VIRTUAL BODYBALANCE 60 minutes	11:00AM VIRTUAL BODYCOMBAT 60 minutes	BODYBALANCE BETH
11:15am				VIRTUAL GRIT CARDIO 30 minutes		1:00PM VIRTUAL CORE 45 minutes	VIRTUAL DANCE 45 minutes
12:00PM	<i>ON DEMAND</i>		<i>ON DEMAND</i>	<i>ON DEMAND</i>	<i>ON DEMAND</i>		
1:00PM	VIRTUAL BODYPUMP 45 minutes	VIRTUAL CORE 45 minutes	VIRTUAL BODYPUMP 45 minutes	VIRTUAL CORE 45 minutes	VIRTUAL DANCE 45 minutes	4:00PM	VIRTUAL GRIT ATHLETIC 30 minutes
2:00pm	<i>ON DEMAND</i>	<i>ON DEMAND</i>	<i>ON DEMAND</i>	<i>ON DEMAND</i>	<i>ON DEMAND</i>	4:30PM VIRTUAL BODYATTACK 60 minutes	VIRTUAL GRIT STRENGTH 30 minutes
4:30pm	VIRTUAL GRIT ATHLETIC 30 minutes	VIRTUAL BODYPUMP 45 minutes	VIRTUAL CORE 45 minutes	VIRTUAL BODYATTACK 60 minutes	VIRTUAL BODYPUMP 60 minutes	5:30PM VIRTUAL CORE STRENGTH 30 minutes	
5:30PM	BODYPUMP DAVE	VIRTUAL BODYCOMBAT 60 minutes	PILATES BETH	BODYPUMP DAVE	VIRTUAL BODYCOMBAT 60 minutes		
		AfterBurn GRANT	AfterBurn ABBY	AfterBurn IREM			
6:45PM		VIRTUAL BODYPUMP 60 minutes	VIRTUAL BODYCOMBAT 60 minutes	VIRTUAL BODYBALANCE 60 minutes	VIRTUAL BODYATTACK 60 minutes		
7:00PM	VIRTUAL DANCE 45 minutes						
8:00PM	<i>ON DEMAND</i>	VIRTUAL DANCE 45 minutes	VIRTUAL CORE 45 minutes	VIRTUAL DANCE 45 minutes	<i>ON DEMAND</i>		
9:00PM	VIRTUAL BODYCOMBAT 60 minutes	<i>ON DEMAND</i>	VIRTUAL BODYATTACK 60 minutes	<i>ON DEMAND</i>			

EDGE Fitness <i>fee-based class - see trainer or desk staff</i>	Group Exercise
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Club Hours:		Kids Club Hours: Mon, Tues, Thurs 9am - 11am
Monday - Thursday	5am - 10pm	
Friday	5am - 9pm	
Saturday	6am - 6pm	
Sunday	8am - 5pm	

If there is no class scheduled and you would like to do a **Class On Demand**, see a front desk associate.