



SUMMER '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	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	8:15AM	PILATES ABBY / GRANT	
8:15am	VIRTUAL GRIT CARDIO 30 minutes			VIRTUAL CORE 45 minutes			CYCLING PHYLLIS	
9:00am	AFTERBURN ABBY	GUNZ BLAZIN SHELLI	AFTERBURN GRANT	SQUAT SESH PHYLLIS / SHELLI	HARD HIIT SHELLI	9:00AM	CHALLENGE FRANK	CHALLENGE GRANT
9:15am	BODYPUMP BETH	BODYBALANCE BETH	VIRTUAL BODYATTACK 60 minutes	BODYPUMP BETH	PILATES GRANT	9:15AM	BODYPUMP DAVE	
	CYCLING PHYLLIS		CYCLING PHYLLIS			10:00AM		VIRTUAL BODYPUMP 60 minutes
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	VIRTUAL BODYBALANCE 60 minutes
11:15am				VIRTUAL GRIT CARDIO 30 minutes		1:00PM	VIRTUAL CORE 45 minutes	VIRTUAL DANCE 45 minutes
12:00PM	ON DEMAND		ON DEMAND	ON DEMAND	ON DEMAND			
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	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	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	EDGE Fitness fee-based class - see trainer or desk staff Group Exercise		
		AfterBurn IREM	AfterBurn ABBY	AfterBurn IREM				
6:45PM		VIRTUAL BODYPUMP 60 minutes	VIRTUAL BODYCOMBAT 60 minutes	VIRTUAL BODYBALANCE 60 minutes	VIRTUAL BODYATTACK 60 minutes	Club Hours: Monday - Thursday 5am - 10pm Friday 5am - 9pm Saturday 6am - 6pm Sunday 8am - 5pm Kids Club Hours: Mon, Tues, Thurs 9am - 11am		
7:00PM	VIRTUAL DANCE 45 minutes							
8:00PM	ON DEMAND	VIRTUAL DANCE 45 minutes	VIRTUAL CORE 45 minutes	VIRTUAL DANCE 45 minutes	ON DEMAND	If there is no class scheduled and you would like to do a Class On Demand, see a front desk associate.		
9:00PM	VIRTUAL BODYCOMBAT 60 minutes	ON DEMAND	VIRTUAL BODYATTACK 60 minutes	ON DEMAND				