



FALL '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		TRIPLE THREAT GRANT	PILATES ABBY			20/20: SWEAT + STEEL PHYLLIS				8:00AM	The TRIP VIRTUAL CYCLING		
6:30am	ON DEMAND	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 GRANT		AfterBurn ABBY										
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									