FEBRUARY 2026

DROP IN FITNESS & PILATES APPARATU

*** ALL CLASSES ARE CO-ED ***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE *No Childminding*	**2** 9:15 INTERVAL FIT *9:15 MAT PILATES* 10:15 BEGINNER APPARATUS 10:30 CARDIO FLOW 11:15 PILATES APPARATUS 65+ 4:45 PSYCLE & SCULPT 5:00 STRONG & STABLE 5:15 MEN'S APPARATUS 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 APPARATUS - ALL LEVELS 7:30 YOGA - PEACEFUL FLOW	**3** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 APPARATUS - INTERMEDIA 10:15 APPARATUS - ALL LEVELS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 *MAT PILATES* 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDIA 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	**4** 9:15 #STRONGER CIRCUIT 9:15 *MAT PILATES* 10:15 APPARATUS - ALL LEVELS ~~10:30 YOGA - PEACEFUL FLOW~~ 11:15 PILATES APPARATUS 65+ 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 *#STRONGER* 5:30 *MAT PILATES* 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS	**5** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDIA 10:30 BUTTS n GUTS 4:15 YOGA BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	**6** 6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 10:30 BEGINNER APPARATUS 5:00 YOGA - YIN Friday Flow	**7** 8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PiiLOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 APPARATUS - ALL LEVELS ~~10:15 ESSENTRICS~~ 11:30 JUNGLE BODY
8 8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE *No Childminding*	**9** 9:15 RAISE THE BARRE *9:15 MAT PILATES* 10:15 BEGINNER APPARATUS 10:30 CARDIO FLOW 11:15 PILATES APPARATUS 65+ 4:45 PSYCLE & SCULPT 5:00 BUTTS n GUTS 5:15 MEN'S APPARATUS 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 APPARATUS - ALL LEVELS 7:30 YOGA - PEACEFUL FLOW	**10** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 APPARATUS - INTERMEDIA 10:15 APPARATUS - ALL LEVELS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 *MAT PILATES* 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDIA 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	**11** 9:15 #STRONGER CIRCUIT 9:15 *MAT PILATES* 10:15 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65+ 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 INTERVAL FIT 5:30 *MAT PILATES* 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS	**12** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDIA 10:30 STRONG & STABLE 4:15 CORE BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	**13** 6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 10:30 BEGINNER APPARATUS ~~5:00 YOGA - YIN Friday Flow~~	**14** 8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PiiLOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER 10:15 ESSENTRICS 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY
15 8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE *No Childminding* *WORKSHOP* *6:00 - 8:30pm* Couples Connect & Reset	**16** FAMILY DAY NO CLASSES	**17** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 APPARATUS - INTERMEDIA 10:15 APPARATUS - ALL LEVELS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 *MAT PILATEES* 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDIA 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	**18** 9:15 #STRONGER CIRCUIT 9:15 *MAT PILATES* 10:15 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65+ 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 *INTERVAL FIT* 5:30 *MAT PILATES* 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS	**19** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDIA 10:30 BUTTS n GUTS 4:15 YOGA BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	**20** 6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 10:30 BEGINNER APPARATUS 5:00 YOGA - YIN Friday Flow	**21** 8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PiiLOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER ~~10:15 ESSENTRICS~~ 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY
22 8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE *No Childminding*	**23** 9:15 RAISE THE BARRE *9:15 MAT PILATES* 10:15 BEGINNER APPARATUS 10:30 CARDIO FLOW 11:15 PILATES APPARATUS 65+ 4:45 PSYCLE & SCULPT 5:00 BUTTS n GUTS 5:15 MEN'S APPARATUS 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 APPARATUS - ALL LEVELS 7:30 YOGA - PEACEFUL FLOW	**24** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:15 PILATES APPARATUS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 *MAT PILATEES* 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDIA 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	**25** 9:15 #STRONGER CIRCUIT 9:15 *MAT PILATES* 10:15 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65+ 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 *#STRONGER* 5:30 *MAT PILATES* 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS	**26** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDIA 10:30 STRONG & STABLE 4:15 CORE BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	**27** 6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 YOGA BARRE 5:00 YOGA - YIN Friday Flow	**28** 8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PiiLOXING 9:15 BEGINNER APPARATUS 10:00 #STRONGER 10:15 ESSENTRICS 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY
25 8:15 RAISE THE BARRE 9:00 TRX CARDIO 9:30 CARDIO FLOW 10:30 EXPRESS PSYCLE 10:30 BIKER BARRE *No Childminding*	**26** 9:15 RAISE THE BARRE *9:15 MAT PILATES* 10:30 BEGINNER APPARATUS 10:30 CARDIO FLOW 11:15 PILATES APPARATUS 65+ 4:45 PSYCLE & SCULPT 5:00 BUTTS & GUTS 5:15 MEN'S APPARATUS 6:00 RIPPED RIDE 6:15 JUNGLE BODY 6:15 APPARATUS - ALL LEVELS 7:30 YOGA - PEACEFUL FLOW	**27** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIDE CORE + FLOW 9:15 PILATES APPARATUS 10:30 PILATES APPARATUS 10:30 #STRONGER 4:15 CARDIO FLOW 4:15 *MAT PILATEES* 5:30 BARRE SCULPT 5:15 APPARATUS - INTERMEDIA 6:15 #STRONGER 6:15 APPARATUS - ALL LEVELS	**28** 9:15 #STRONGER CIRCUIT 9:15 *MAT PILATES* 10:30 APPARATUS - ALL LEVELS 10:30 YOGA - PEACEFUL FLOW 11:15 PILATES APPARATUS 65+ 4:45 EXPRESS PSYCLE 4:45 PSYCLE & STRETCH 5:00 *INTERVAL FIT* 5:30 *MAT PILATES* 6:15 BARRE STRONG 6:30 BEGINNER APPARATUS	**29** 6:00 PURE PSYCLE 9:15 EXPRESS PSYCLE 9:15 RIPPED RIDE 9:15 APPARATUS - INTERMEDIA 10:30 STRONG & STABLE 4:15 YOGA BARRE 4:15 APPARATUS - ALL LEVELS 5:15 APPARATUS - INTERMEDIATE 5:30 STRENGTH FOR LIFE 6:00 RIDE CORE + FLOW 6:15 APPARATUS - ALL LEVELS	**30** 6:00 BARRE SCULPT 8:15 APPARATUS - ALL LEVELS 9:15 STRENGTH FOR LIFE 9:15 #STRONGER CIRCUIT 10:30 CORE BARRE 5:00 YOGA - YIN Friday Flow	**31** 8:45 EXPRESS PSYCLE 8:45 RIPPED RIDE 9:00 PiiLOXING 9:15 BEGINNER APPARATUS 10:15 #STRONGER ~~10:15 ESSENTRICS~~ 10:15 APPARATUS - ALL LEVELS 11:30 JUNGLE BODY