



GROUP FITNESS SCHEDULE

JULY 2026



SIGN-UPS REQUIRED FOR SPIN CLASSES:

Class bookings can be up to 7 days in advance on MYiClubOnline.com or up to 1 day in advance at the Front Desk (arrive EARLY to get your PEDAL PASS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 8:15 AM	★ ZUMBA 7/13 & 7/20: Shine Dance with Melissa 7/27: Debbie	LESMILLS PUMP Katie & Danielle	8:30 AM HIIT Depeche (45 min)	LESMILLS PUMP Katie	8:30 AM HIIT Depeche (45 min)	8:00 AM LESMILLS PUMP Jessica	~~~~~
9:30 AM	LESMILLS PUMP Hailey	LESMILLS CORE Debbie (45 min)	LESMILLS PUMP Danielle	☺ ZUMBA Breezie	LESMILLS CORE Hailey (45 min)	9:15 AM LESMILLS COMBAT Jessica (45 min)	~~~~~
10:45 AM	~~~~~	<i>Total Body Tone</i> Becky	<i>BalletBarre</i> — Yoga — Richard SeniorWorks	<i>Total Body Tone</i> Becky	<i>Ballet</i> ★ Teri W.	Qigong Mike R.	10:30 AM Yoga Richard
12:15 PM	<i>SeniorWorks</i> ★ Bridget (45 min)	SeniorStrong Leslie	Danielle (45 min)	Qigong Mike R. (45 min)	<i>SeniorWorks</i> ★ Malia (45 min)		
1:45 PM	Gentle Yoga Seanna	Pilates Seanna	Gentle Yoga Seanna	Pilates Seanna	Gentle Yoga Seanna		
5:30 PM	☺ ZUMBA ★ Erika	LESMILLS PUMP Jessica Vinyasa Yoga Seanna (The Loft)	LESMILLS COMBAT Shayla	LESMILLS PUMP Danielle Vinyasa Yoga Seanna (The Loft)	~~~~~		



SPIN CLASSES

Sign-Ups Required
(limited bikes, arrive early to get your PEDAL PASS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	~~~~~	~~~~~	Erin (45 min)	~~~~~	Libby (45 min)	~~~~~	
8:30 AM	Mike (45 min)	Doug	Katie (45 min)	Terri	Hailey	Mike (45 min)	
9:15 AM	Mike (45 min)	~~~~~	~~~~~	~~~~~	~~~~~	Mike (45 min)	
4:45 PM	~~~~~	~~~~~	~~~~~	Aubrey (30 min)	~~~~~	~~~~~	

★ **CHANGE IN SCHEDULE**

All classes are 60 minutes unless otherwise indicated

REGULAR HOURS

MON-FRI
5AM-9PM

SATURDAY
7AM-7PM

SUNDAY
8AM-6PM



(805) 772-7466



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