

DECEMBER 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00am	<div>6:30AM - 10:30AM</div> <div>Sundays the studio is being cleaned from 6:30am to 10:30am</div> <div>Please check with staff if you are all clear to enter to work out</div>	STRENGTH/CORE/MORE 9:00am-9:50AM	Indoor Cycle SPIN 9:15AM-10:00AM	STEP WILL RETURN IN 2026	Indoor Cycle SPIN 9:15AM-10:00AM	STRENGTH/CORE/MORE 9:00am-9:50AM		
9:15am								
9:30am								
9:45am								
10:00am								
10:15am								
10:30am		Power Hour 10:10-11:00AM		Power Hour 10:10am-11:00AM		Power Hour 10:10am-11:00AM	Yoga returns in January	
10:45am								
11:00am								
11:15am								
11:30am		Simply Stretch 10:15 - 11:15 am				Simply Stretch 10:15 - 11:15 am		
11:45am								
			ALL NEW PILATES MOVEMENT AND MAT IN JANUARY					
12:00pm		Fit For Function Chair Class 12-12:45pm		Fit For Function Chair Class 12-12:45pm				
12:15pm								
12:30Pm								
12:45pm								

		Monday evening	Tuesday evening	Wednesday evening	Thursday evening	Friday evening		
4:00 pm								
4:45pm								
5:15pm		Bootcamp back in January	POWER YOGA 5:15pm-6:15pm	Sweat & Lift with Lacey 5:15-6:15 pm	CARDIO BOXING LEVEL1 w KIM 5:15PM - 6:15PM		Holidays DEC 24 12pm onward DEC 25, 26 Closed DEC 31 12pm onward JAN 1 closed	
6:00pm								
6:15pm								
6:30pm								
6:45pm								
7:00pm			Budo Martial Arts contact Zac 1130nova@gmail.com Private Studio Rental 6:45pm to 9:15pm					
7:15pm								
7:30pm								
7:45pm								
8:00pm								
8:30pm								

BLUE ZONE WELLNESS AND FITNESS CLASS SCHEDULE