

# JANUARY 2026

	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 sta 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	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	Simply Stretch 10:15 - 11:15 am	Power Hour 10:10am-11:00AM	Power Hour 10:10am-11:00AM	GLOW WITH THE FLOW YOGA (CHECK WEBSITE FOR DATES)	
10:45am							
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm		Fit For Function Chair Class 12-12:45pm	ALL NEW PILATES, MOVEMENT AND MAT 11:45AM -12:45PM	Fit For Function Chair Class w Mary 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			POWER YOGA 5:15pm-6:15pm	Bootcamp w Lacey 5:15-6:15 pm	CARDIO BOXING LEVEL1 w KIM 5:15PM - 6:15PM		Holidays 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