

MAY 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
9:00am		STRENGTH/CORE/MORE 9:00am-9:50AM	Indoor Cycle SPIN 9:00AM-9:45AM	Step will return in 2026	Indoor Cycle SPIN 9:00AM-9:45AM	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		Simply Stretch 10:15 - 11:15 am	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 w CHRISTA 12-12:45pm	PILATES, MOVEMENT AND MAT MARY IS ON FOR MAY 11:45pm -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	BOXING CARDIO NO CONTACT w Kim 5:15pm-6:15pm		TECHNICAL BOXING CONTACT w KIM 5:15PM -6:15PM		HOLIDAYS IN MAY VICTORIA DAY NO CLASSES
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