

October 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
9:00am	6:30AM - 10:30AM Sundays the studio is being cleaned from 6:30am to 10:30am Please check with sta if you are all clear to enter to work out	STRENGTH/CORE/MORE 9:00am-9:50AM	Indoor Cycle SPIN 9:15AM-10:00AM	CARDIO STEP 50% Step/Strength 9:00am-9:50am	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 Glow with the Flow ASHTANGA YOGA	
10:45am									
11:00am									
11:15am				Simply Stretch 10:15 - 11:15 am		Simply Stretch 10:15 - 11:15 am			
11:30am									
11:45am									
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				SPIN WITH TAMMY					
4:45pm									
5:15pm		Sweat & Lift with Lacey 5:15-6:15 pm	POWER YOGA 5:15-6:00pm	Sweat & Lift with Lacey 5:15-6:15 pm	CARDIO BOXING LEVEL1 w KIM 5:15PM - 6:15PM	October 13th No classes for Thanksgiving			
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