

# myFitness Group Fitness Schedule 2025

<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>
<b>12:10PM</b> Strength	<b>12:10PM</b> Crossfit Circuit	<b>12:10PM</b> Zumba Tone	<b>12:10PM</b> CoreFlow	<b>7:15AM</b> Mindful Morning
	<b>4:15PM</b> On Demand Spin	<b>4:15PM</b> Strength	<b>4:15PM</b> HIIT	<b>12:10PM</b> Get Active
<b>4:45PM</b> Pilates	<b>5:00PM</b> CoreFlow	<b>5:05PM</b> Yoga	<b>4:45PM</b> Pilates	
<b>5:30PM</b> Zumba				