

GROUPEX SCHEDULE

December 28, 2025 – January 3, 2026

	Sunday (12/28)	Monday (12/29)	Tuesday (12/30)	Wednesday (12/31)	Thursday (1/1)	Friday (1/2)	Saturday (1/3)
6am		6:00 - 6:55 Cycle Studio Cycle		6:00 - 6:55 Cycle Studio Cycle			
7am			7:00 - 7:55 Studio A Vinyasa Flow Yoga	7:00 - 7:45 Studio A TRX		7:00 - 7:55 Studio A Yoga	
8am	8:00 - 8:55 Cycle Studio Cycle 8:00 - 8:55 Studio A Power Yoga	8:00 - 8:55 Studio A Group Active® 8:00 - 8:55 Studio A Step & Strength	8:15 - 9:00 Studio A Strength & Cardio	8:00 - 8:55 Studio A Zumba®		8:15 - 9:00 Studio A Core Fusion	8:00 - 8:55 Studio A Pilates 8:00 - 8:55 Studio B Teen Center Yoga
9am	9:15 - 10:10 Studio A TRX	9:15 - 10:00 Studio A Group Fight® 9:15 - 10:00 Studio B Teen Center Pilates	9:15 - 10:10 Studio A Strength Circuit 9:30 - 10:25 Cycle Studio Cycle	9:15 - 10:10 Studio A Group Active®		9:15 - 10:10 Studio A Step & Strength 9:30 - 10:25 Studio B Teen Center Chair Yoga & Your Brain	9:00 - 9:55 Studio B Teen Center Yoga 9:15 - 10:10 Studio A Step & Strength
10am	10:30 - 11:25 Studio A Zumba®	10:15 - 11:00 Studio A Strength & Cardio	10:30 - 11:25 Studio A Senior Fitness 10:45 - 11:30 Turf Bootcamp	10:00 - 10:30 Cycle Studio Cycle-Xpress 10:30 - 11:25 Studio A Senior Fitness 10:45 - 11:15 Turf Bootcamp-Xpress		10:30 - 11:25 Studio A Senior Fitness	10:30 - 11:25 Studio A Zumba®
11am	11:30 - 12:25 Studio A Group Power®		11:45 - 12:30 Studio A TRX				
12pm	12:45 - 1:40 Studio A Gentle Yoga	12:15 - 1:10 Studio A Yoga Strength		12:00 - 12:55 Studio B Teen Center Pilates HIIT		12:15 - 1:10 Studio A Yoga Strength	
2pm					2:00 - 2:55 Studio A Zumba®		
3pm					3:30 - 4:25 Studio A Gentle Yoga		
4pm		4:15 - 5:00 Studio A Dance Fusion					
5pm		5:15 - 6:10 Studio A Power Yoga	5:30 - 6:25 Studio A Zumba®			5:30 - 6:25 Studio A Zumba®	
6pm		6:30 - 7:25 Studio A Step & Strength	6:30 - 7:25 Studio A Group Power®				
7pm		7:45 - 8:40 Studio A Zumba®	7:30 - 8:25 Studio A Evening Yoga				

Schedules are subject to change. Please check the YMCA360 app for the most up-to-date information.

