

Class Schedule



July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am Longevity			7:00am Longevity	7:00am Longevity	
8:00am Pilates		8:00am Pilates	7:45am Longevity	7:45am Longevity	
9:15am Longevity	10:00am Longevity	10:00am TKR Class	9:30am Longevity		
10:00am Longevity	10:00am Pilates		10:15am Longevity	10:00am TKR Class	10:30am Longevity
10:00am TKR Class	10:45am Longevity			11:00am Longevity	
11:00am Longevity		11:00am Longevity	11:00am Longevity	12:00pm Pilates	
2:00pm Pilates		2:00pm Pilates	2:15pm TKR Class	2:00pm Pilates	
4:00pm Performance (On Field)	4:00pm Performance	4:00pm Performance	4:00pm Performance	2:15pm Longevity	
5:00pm Performance	5:00pm Pilates	5:00pm Performance	5:00pm Pilates	4:00pm Performance	
		6:15pm Longevity			