GROUP EXERCISE SCHEDULE

November 2026

For the most accurate class schedule, please refer to the be FITNESS app. The app is updated in real time with any schedule changes or adjustments. We encourage all members to register in advance for classes so we can notify you promptly of any updates and ensure your spot in class.

MONDAY

5:15 – 6:15 AM	BODYPUMP	Allen	Group Ex
9:00 – 10:00 AM	Barre	Melissa	Mind/Body
9:00 – 10:00 AM	BODYPUMP	Becky	Group Ex
10:15 – 11:00 AM	BODYBALANCE	Becky	Mind/Body
4:30 – 5:20 PM	Barre	Peggy/Heidi	Mind/Body
4:45 – 5:15 PM	SPRINT	Grace	Cycling
5:30 – 6:30 PM	BODYPUMP	Dane	Group Ex

TUESDAY

5:15 – 5:45 AM	Les Mills CORE	Alyssa	Group Ex
5:45 – 6:15 AM	Bootcamp	Stephanie	Group Ex
5:45 – 6:30 AM	RPM	Alyssa	Cycling
7:00 – 8:00 AM	Barre	Liza	Mind/Body
8:00 – 8:50 AM	Bootcamp	Tami	Group Ex
9:00 – 9:30 AM	Core & More	Karen	Group Ex
9:00 – 10:00 AM	Yoga Flow	Katie	Mind/Body
9:30 – 10:15 AM	RPM	Kelly	Cycling
9:45 – 10:30 AM	be DEFINED	Stephanie G	Group Ex
10:15 – 11:15 AM	Gentle Yoga	Katie	Mind/Body
5:30 – 6:30 PM	BODYCOMBAT	Nikki	Group Ex

WEDNESDAY

5:15 – 6:15AM	BODYCOMBAT	Alyssa	Group Ex
9:00 – 10:00 AM	Barre	Kristin	Mind/Body
9:00 – 10:00 AM	BODYPUMP	Rachel	Group Ex
10:15 – 11:00 AM	BODYBALANCE	Kelly	Mind/Body
5:30 – 6:30 PM	BODYPUMP	Becky	Group Ex
6:45 – 7:30 PM	BODYBALANCE EXP	Becky	Mind/Body

THURSDAY

5:15 – 6:00 AM	RPM	Alyssa	Cycling
6:00 – 6:30 AM	Les Mills CORE	Alyssa	Group Ex
7:00 – 8:00 AM	Barre	Peggy	Mind/Body
8:00 – 8:50 AM	Bootcamp	Tami	Group Ex
9:00 – 9:30 AM	Core & More	Rotation	Group Ex
9:00 – 10:00 AM	Vinyasa Yoga	Linda	Mind/Body
9:30 – 10:15 AM	Cycling	Kelly	Cycling
9:45 – 10:30 AM	be DEFINED	Amber	Group Ex
10:15 – 11:15 AM	Gentle Yoga	Linda	Mind/Body
5:15 – 5:45 PM	Core & More	Stephanie G.	Group Ex
5:45 – 6:30 PM	Cycle Circuit	Elle	Cycling

FRIDAY

5:15 – 6:15 AM	BODYPUMP	Rotation	Group Ex
9:00 – 10:00 AM	Uplift Vinyasa	Kate	Mind/Body
9:15 – 10:15 AM	BODYPUMP	Kim P.	Group Ex
10:15 – 11:15 AM	Barre / Fusion	Rotation	Mind/Body

SATURDAY

7:15 – 8:00 AM	Bootcamp	Stephanie	Group Ex
8:00 – 8:45 AM	Cycle / Circuit	Julia/ Elle	Cycling

** Check the **APP** for Specific CYCLE Class Format **

8:15 – 9:15 AM	BODYCOMBAT	Alyssa	Group Ex
9:15 – 10:15 AM	BODYBALANCE	Theresa	Mind/Body
9:30 – 10:30 AM	BODYPUMP	Rotation	Group Ex

SUNDAY

8:30 – 9:20 AM	Barre	Rotation	Mind/Body
9:00 – 9:45 AM	Cycling	Liza	Cycling
9:30 – 10:30 AM	Uplift Vinyasa	Kate	Mind/Body

Our instructors will guide you through a safe and effective workout along your fitness journey.
All ages and fitness stages welcome!

Sign up on the **be FITNESS APP** for the class you want to take, **this will reserve your spot!** You can sign up 48 hours in advance for a class on the APP and if something comes up and you can no longer attend, you can cancel up to 10 minutes before class starts.

For any group class needs, please contact Becky (Group Ex Manager) at becky@befitnesscenter.com.
Classes and class descriptions can be found on the be FITNESS app.

Classes with consistent low attendance are in jeopardy of being cancelled

be FITNESS