

UPDATED SPRING 2026 GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SUN
Yoga Sculpt 7:00 - 7:50 AM Sofia	Interval & Arms LUCycle 8:00 - 8:50 AM Rachel	LUCycle 8:00 - 8:50 AM Kathleen	Yoga 7:00 - 7:50 AM Anna	Tonilates 3:00 - 3:50 PM Amor	Yoga 10:00 - 10:50 AM Anna
Yoga 9:00 - 9:50 AM Nora	LUCycle 11:00 - 11:50 AM Isabelle	Yoga 10:00 - 10:50 AM Anna	Tonilates 3:00 - 3:50 PM Lily	Vinyasa Flow Yoga 4:00 - 4:50 PM Serena	Vinyasa Flow Yoga 11:00 - 11:50 AM Serena
Tonilates 10:00 - 10:50 AM Amor	Pilates 4:00 - 4:50 PM Molly	LUCycle 10:00 - 10:50 AM Isabelle	LUCycle 4:00 - 4:50 PM Isabelle	Zumba 5:00 - 5:50 PM Nina	High Intensity LUCycle 6:00 - 6:50 PM Connor
LUCycle 4:00 - 4:50 PM Olivia	Tonilates 5:00 - 5:50 PM Lily	HIIT 4:00 - 4:50 PM Mattie	Yoga Sculpt 4:00 - 4:50 PM Sofia	LUCycle 5:00 - 5:50 PM Presley	LUCycle 7:00 - 7:50 PM Sachi
HIIT 4:00 - 4:50 PM Mattie	High Intensity LUCycle 5:00 - 5:50 PM Connor	LUCycle 4:00 - 4:50 PM Olivia	Lift50 5:00 - 5:50 PM Livia		Power Flow Yoga 6:00 - 6:50 PM Serena
Lift50 5:00 - 5:50 PM Livia	Lift + Core 6:00 - 6:50 PM Lexi	Lift50 4:00 - 4:50 PM Abigail	LUCycle 5:00 - 5:50 PM Connor		Pilates 8:00 - 8:50 PM Gillian
CHOREO LUCycle 5:00 - 5:50 PM Connor	LUCycle 6:00 - 6:50 PM Meghan	Pilates 5:00 - 5:50 PM Molly	Yoga Sculpt 5:00 - 5:50 PM Natalie		
ZUMBA 5:00 - 5:50 PM Nina	Core Focused Yoga Sculpt 6:00 - 6:50 PM Natalie	Lift50 5:00 - 5:50 PM Lexi	LUCycle 6:00 - 6:50 PM Natalie		
Lift50 6:00 - 6:50 PM Lexi	LUCycle 7:00 - 7:50 PM Paige	Vinyasa Flow Yoga 6:00 - 6:50 PM Mehr	Tonilates 6:00 - 6:50 PM Amor		
LUCycle 6:00 - 6:50 PM Sachi	WERQ 7:00 - 7:50 PM Gianna	LUCycle 6:00 - 6:50 PM Natalie	Lift50 6:00 - 6:50 PM Alaina		
LUCycle 7:00 - 7:50 PM Presley	LUCycle 8:00 - 8:50 PM Kathleen	Lift50 6:00 - 6:50 PM Emma	LUCycle 7:00 - 7:50 PM Meghan		
Sculpt Flow 7:00 - 7:50 PM Kylie	Barre 8:00 - 8:50 PM Gillian	Ballet Basics 7:00 - 7:50 PM Meghan	Lift50 7:00 - 7:50 PM Abigail		
Lift50 6:00 - 6:50 PM Lexi		Interval & Arms LUCycle 7:00 - 7:50 PM Rachel	Barre 8:00 - 8:50 PM Gillian		
LUCycle 8:00 - 8:50 PM Taylor		Lift50 7:00 - 7:50 PM Alaina			
WERQ 8:00 - 8:50 PM Gianna		Power Flow Yoga 8:00 - 8:50 PM Serena			
		Bedtime Yoga 9:00 - 9:50 PM Nora			

SCHEDULE STARTS MARCH 9

KEY	HRC 2
	CYCLE STUDIO
	HRC 1/LIFT50 (Weight Room)

CLASSES INCLUDED IN HALAS MEMBERSHIP!
NO PRE-REGISTRATION REQUIRED!
CLASSES SUBJECT TO CAPACITY LIMITS



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Descriptions

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