



Belleville Branch | Group Fitness Classes

Schedule Effective May 2 - June 24, 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
Gentlefit 8:30am	Cycle Strength 8:30am	Gentlefit 8:30am	Cycle Boot Camp 8:30am	Gentlefit 8:30am
Yoga 9:30am	Dancefit 9:30am	Cardio-Core-Sculpt 9:30am	Dancefit 9:30am	Core Strength & Stretch 9:30am
HIIT 10:30am	Mobility 10:30am	Yoga 10:30am	Meditation 10:30am	Pickleball 10:30am-12:30pm
Pickleball 1:30-3:30pm	Cycle Boot Camp 12:10pm		Cardio-Core-Sculpt 12:10pm	
Cyclefit 5:30pm	Boot Camp 5:30pm	Cycle Strength 5:30pm	HIIT 5:30pm	
		Core & Stretch 6:30pm		

No classes the week of June 27 - June 30 (closed on July 1). Summer Fitness Class Schedule: July 4 - September 2.