

NEW FALL 2026 GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SUN
Yoga 7:00 - 7:50 AM Anna	Yoga 7:00 - 7:50 AM Hannah	Yoga Sculpt 7:00 - 7:50 AM Shea	Sculpt Flow 4:00 - 4:50 PM Kate	LUCycle 10:00 - 10:50 AM Kathleen	Pilates 10:00 - 10:50 AM Sophia
LUCycle 8:00 - 8:50 AM Paige	LUCycle 7:00 - 7:50 AM Andrew	Advanced Barre 3:00 - 3:50 PM Gillian	Yoga 5:00 - 5:50 PM Hannah	Classical Pilates 3:00 - 3:50 PM Gillian	Sculpt Flow 11:00 - 11:50 AM Kate
Strength-based Cardio 4:00 - 4:50 PM Mattie	Pilates 3:00 - 3:50 PM Adrianna	LIFT50 4:00 - 4:50 PM Alaina	LUCycle 5:00 - 5:50 PM Kathryn	Advanced Vinyasa Yoga 4:00 - 4:50 PM Hannah	Yoga 3:00 - 3:50 PM Jane
LIFT + Core 4:00 - 4:50 PM Abby	Sculpt Flow 4:00 - 4:50 PM Kate	Ballet Basics 5:00 - 5:50 PM Anna	LIFT50 5:00 - 5:50 PM Alaina	LIFT50 4:00 - 4:50 PM Cora	LUCycle 5:00 - 5:50 PM Marley
Tonilates 5:00 - 5:50 PM Amor	LUCycle 5:00 - 5:50 PM Kathryn	LUCycle 5:00 - 5:50 PM Connor	Pilates 6:00 - 6:50 PM Molly	Pilates 5:00 - 5:50 PM Sophia	Yoga 7:00 - 7:50 PM Anna
LIFT50 5:00 - 5:50 PM Janae	Strength-based Cardio 5:00 - 5:50 PM Mattie	LIFT + Core 5:00 - 5:50 PM Abby	LUCycle 7:00 - 7:50 PM Leah		LUCycle 7:00 - 7:50 PM Sachi
Pilates 6:00 - 6:50 PM Molly	LIFT50 5:00 - 5:50 PM Livia	Tonilates 6:00 - 6:50 PM Amor	LIFT50 7:00 - 7:50 PM Janae		LUCycle 8:00 - 8:50 PM Andrew
LIFT + Core 6:00 - 6:50 PM Lexi	Classical Pilates 6:00 - 6:50 PM Gillian	LUCycle 6:00 - 6:50 PM Caroline	Barre 7:00 - 7:50 PM Maddie		
Barre 7:00 - 7:50 PM Gillian	LUCycle 6:00 - 6:50 PM Connor	LIFT + Core 6:00 - 6:50 PM Lexi			
LUCycle 7:00 - 7:50 PM Sachi	LIFT50 6:00 - 6:50 PM Alaina	Yoga 7:00 - 7:50 PM Amor			
LIFTilates: Upper Body 7:00 - 7:50 PM Taylor	Pilates 7:00 - 7:50 PM Sophia	LUCycle 7:00 - 7:50 PM Marley			
Zumba 8:00 - 8:50 PM Nina	LUCycle 7:00 - 7:50 PM Kathleen	LIFT50 7:00 - 7:50 PM Cora			
LIFTilates: Lower Body 8:00 - 8:50 PM Taylor	LIFT + Tone 7:00 - 7:50 PM Lexi	Zumba 8:00 - 8:50 PM Nina			
LUCycle 9:00 - 9:50 PM Leah	Barre 8:00 - 8:50 PM Maddie	LUCycle 8:00 - 8:50 PM Andrew			
	LUCycle 8:00 - 8:50 PM Caroline				
	Bedtime Yoga 9:00 - 9:50 PM Jane				

SCHEDULE STARTS OCTOBER 12

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



Scan for Class
Descriptions

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

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