



WINTER 2025 BRIGGS GROUP FITNESS SCHEDULE

399 9th St. N, Naples FL 34102



SCAN ME

Scan for Live
schedule

Subject to class
Changes and
cancellations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycle 5:30-6:25am VALERIE—RM 2	Functional Mvmts 7:15—8:00am JAMIE—RM 3	Group Cycle 5:30-6:25am VALERIE—RM 2	POWER 5:30-6:15am KAREN—RM 3	Group Cycle 7:00-7:55am LYNE—RM 2	Group Cycle 8:00-8:55am VALERIE—RM 2	L1FT 8:45-9:40am ALISON—RM 3
Group Cycle 7:00-7:55am VALERIE—RM 2	Multilevel Interval 8:15-9:05am JAMIE—RM 3	Mat Pilates 8:00-8:55am LIZ—RM 3	Functional Mvmts 7:30-8:15am JAMIE—RM 3	Barre Fusion 8:30-9:15am MARIA—RM 3	BLAST 8:00-8:55am KAREN—RM 3	Meditation 9:00-9:55am NANCY—RM 1
Pilates 8:00-8:55am LIZ—RM 3	Pilates 9:15-10:10am LIZ—RM 3	Balance 9:00-9:30am LIZ—RM 1	Multilevel Interval 8:30-9:20am JAMIE—RM 3	Group Cycle 9:30-10:20am VALERIE—RM 2	Multilevel Yoga 8:30-9:25am ELIZABETH—RM 1	Multilevel Yoga 10:00-10:55am NANCY—RM 3
Balance 9:00-9:30am LIZ—RM 1	Group Cycle 9:00-9:55am VALERIE—RM 2	Group Cycle 9:00-9:45am GABY—RM 2	Pilates 9:00-9:55am LIZ—RM 1	Pilates 9:00-9:55am LIZ—RM 1	POWER 9:00-9:55am YURY—RM 3	Gentle Yoga 11:00-11:55am NANCY—RM 3
Group Cycle 9:30-10:25am ROSE—RM 2	Abs & Glutes 10:20-10:50am LIZ—RM 3	BODYPUMP 9:15-10:10am WAKA—RM 3	Group Cycle 9:30-10:25am ROSE—RM 2	Zumba 9:30-10:25am MARIA--RM 3	Group Cycle 9:30-10:25am ROSE—RM 2	
Strength Training 9:30-10:25am JENNIFER-RM 3	Gentle Yoga 10:35-11:30am ELIZABETH-RM 1	PACE 9:45-10:40am LIZ—RM 1	POWER 9:30-10:25am MIKE—RM 3	Stretch 10:00-10:30am LIZ—RM 1	Multilevel Yoga 9:45-10:40am ELIZABETH-RM 1	
PACE 9:45-10:40am LIZ—RM 1	TAI CHI 11:15-12:00pm LIZ—GARDEN	Zumba 10:45-11:40am DEBI—RM 3	Abs & Glutes 10:00-10:25am LIZ—RM 1	Low & Light 10:45-11:40am DEBI—RM 3	Cardio Kickboxing 10:20-11:15am RO--RM 3	
Stretch 10:45-11:15am LIZ—RM 1	Chair Yoga 11:45-12:40pm ELIZABETH-RM 1	Multilevel Yoga 11:00-11:55am VALERIE—RM 1	TAI CHI 11:00-11:45am LIZ—RM 3	Multilevel Yoga 11:00-11:55am VALERIE—RM 1	Total Body Training 11:30a-12:25p RO--RM 3	
Multilevel Yoga 11:00-11:55am VALERIE—RM 3	Mat Pilates 4:30-5:20pm YURY—RM 3	Bootcamp 11:00am-11:45am PAM—RM 4	Chair Yoga 11:45a-12:40p ELIZABETH-RM 1	Bootcamp 11:00am-11:45am PAM—RM 4		
Gentle Yoga 1:15-2:10pm ELIZABETH-RM 3		Gentle Yoga 12:15-1:10pm ELIZABETH-RM 1	*BODYBALANCE 12:00-12:55pm JENNIFER—RM 3 *STARTS JAN 9TH	Mat Pilates 12:00-12:55pm WENDY—RM 3		
Multilevel Yoga 5:30-6:25pm SARAH C—RM 3		Yin Yoga 1:30-2:25pm ELIZABETH-RM 1	CORE 5:00-5:25pm KAREN—RM 3	Foam Rolling 1:00-1:55pm WENDY—RM 3		
			ACTIVE 5:30-6:25pm KAREN—RM 3			
					MOSSA - LesMills-	
		BRING YOUR OWN MAT TO CLASSES			Red = Cardio Blue=Strength Yellow = Cycle	
					Purple = TRX Green = Mind/Body	** TRX ** Must sign up for TRX class within Antaris